












Teriyaki Pulled Beef Bao

with Black Sesame Wedges and Smacked Cucumber Salad

Bao Night 40-45 Minutes • 1 of your 5 a day

37



-  Potatoes
-  Black Sesame Seeds
-  Slow Cooked Beef
-  Spring Onion
-  Cucumber
-  Rice Vinegar
-  Sambal Paste
-  Teriyaki Sauce
-  Bao Buns

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, ovenproof dish, aluminium foil, rolling pin and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Black Sesame Seeds 3)	5g	5g	10g
Slow Cooked Beef**	280g	420g	560g
Spring Onion**	1	2	2
Cucumber**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Sambal Paste	15g	22g	30g
Teriyaki Sauce 11)	75g	150g	150g
Bao Buns 11) 13)	1 pack	1½ packs	2 packs
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	671g	100g
Energy (kJ/kcal)	3252 / 777	485 / 116
Fat (g)	27.0	4.0
Sat. Fat (g)	5.8	0.9
Carbohydrate (g)	90.9	13.5
Sugars (g)	24.0	3.6
Protein (g)	44.6	6.6
Salt (g)	3.15	0.47

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Roast the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **black sesame seeds**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

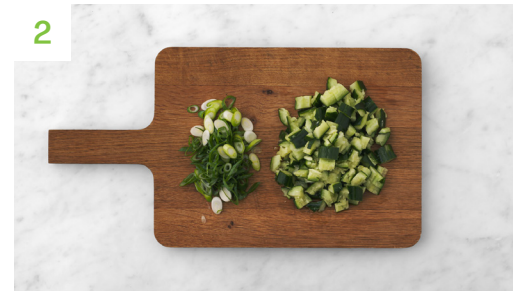


Teriyaki Time

Once the **beef** is cooked, remove from the oven, reserve **1 tbsp of cooking juices** per person, then discard the foil and any remaining **cooking juices**.

Use two forks to shred the **beef** as finely as you can.

Stir in the **teriyaki sauce** and **reserved cooking juices**. Season with **salt** and **pepper**.



Get Prepped

Meanwhile, remove the **beef** from the packaging. Place in an ovenproof dish along with the **juices** and cover loosely with foil.

Roast on the middle shelf of your oven for 25-30 mins. **IMPORTANT: Ensure the beef is piping hot throughout.**

Meanwhile, trim and thinly slice the **spring onion**.

Trim the **cucumber**, then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.



Bring on the Bao

Place the **bao buns** on a plate, sprinkle with a little **water** and microwave, 800W: 1 min 10 secs / 900W: 50 secs / 1000W: 40 secs.

If you don't have a microwave, place the **bao buns** onto a large sheet of foil. Sprinkle with a little **water**, then fold the foil, sealing on all sides to create a parcel. Bake on the middle shelf until warm and fluffy, 3-4 mins.



Make your Cucumber Salad

In a medium bowl, mix together the **rice vinegar**, **sambal**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Season with a pinch of **salt**. Toss the **cucumber** through the **dressing** and set aside.



Assemble and Serve

Transfer the **warmed bao buns** to your plates and spread on the **mayonnaise** (see pantry for amount), then fill with the **teriyaki beef**. Sprinkle over the **spring onion**.

Serve with the **sesame wedges** and **smacked cucumber salad** alongside.

Enjoy!