

Pork Meatball Bánh Mì Style Sub

with Homemade Mushroom Pâté, Pickled Slaw and Coriander

A Taste of Vietnam 30-35 Minutes • 1 of your 5 a day • Under 650 Calories



Rice Vinegar



Coleslaw Mix



Garlic Clove



Ginger, Garlic & Lemongrass Puree



Breadcrumbs



British Pork Mince



SlooOW Stone Oven White Baguette



Sliced Mushrooms



Coriander



Cream Cheese



Baby Leaf Mix



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar, Honey

↔ **Swap to Beef Mince**

If you chose to swap to beef mince, then just follow the instructions on the back of this card.

Happy cooking!



Packed with juicy pork meatballs, pickled veg and fresh herbs, this is an iconic Vietnamese favourite. Bánh mì demonstrates the strong influence of France on Vietnamese cuisine, recognisable through ingredients such as baguettes and pâté. Our cheat's version blends garlicky mushrooms with cream cheese to replicate pâté.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl, garlic press, baking tray, frying pan and blender.

Ingredients

Ingredients	2P	3P	4P
Rice Vinegar	22 ml	37 ml	44 ml
Coleslaw Mix**	120g	180g	240g
Garlic Clove**	3	5	6
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Breadcrumbs 13	10g	15g	20g
British Pork Mince**	240g	360g	480g
SlooOW Stone Oven White Baguette 3) 11) 13)	1	2	2
Sliced Mushrooms**	80g	120g	180g
Coriander**	1 bunch	1 bunch	1 bunch
Cream Cheese** 7)	50g	75g	100g
Baby Leaf Mix**	50g	70g	100g
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Pickle*	½ tsp	1 tsp	1 tsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Salt*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	348g	100g	348g	100g
Energy (kJ/kcal)	2297 /549	660 /158	2066 /494	593 /142
Fat (g)	33.9	9.7	27.3	7.8
Sat. Fat (g)	13.8	4.0	12.5	3.6
Carbohydrate (g)	31.0	8.9	30.7	8.8
Sugars (g)	12.8	3.7	12.6	3.6
Protein (g)	28.9	8.3	32.5	9.3
Salt (g)	2.11	0.61	2.11	0.61

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **7)** Milk **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.

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In a Pickle

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

In a medium bowl, combine the **rice vinegar, sugar for the pickle** (see pantry for amount) and a pinch of **salt**. Add the **coleslaw mix**, toss to coat, then set aside to pickle.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

↔ Swap to Beef Mince

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Fry the Mushrooms

Meanwhile, roughly chop the **mushrooms**.

Heat a drizzle of **oil** in a medium frying pan on high heat.

When hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

In the meantime, roughly chop the **coriander**.



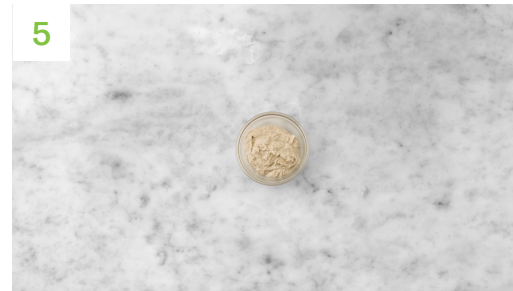
Bake the Balls

In another medium bowl, combine the **ginger, garlic & lemongrass puree, breadcrumbs, honey, salt** and **water for the breadcrumbs** (see pantry for all amounts). Add the **pork mince** and **half the garlic**, season with **pepper**, then mix together with your hands.

Roll the **pork mixture** into evenly-sized balls, 5 per person.

Pop the **meatballs** onto a large baking tray. When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw mince. The meatballs are cooked when no longer pink in the middle.



Finishing Touches

Once the **mushrooms** are browned, add the remaining **garlic** and cook for 30 secs more.

Remove from the heat and allow to cool slightly.

When the **mushrooms** have cooled slightly, add to a blender with the **cream cheese**. Season with **salt** and **pepper**. Blitz until smooth - this is your **mushroom pâté**!



Bake the Baguette

Next, halve the **baguette** lengthways and pop onto a medium baking tray.

Bake on the middle shelf of your oven until toasted and golden, 10-12 mins. Once baked, allow to cool, 5 mins.



Slice and Serve

When everything's ready, spread the **mushroom pâté** over the cut sides of the **baguette**.

Fill with a handful of **pickled slaw**, the **pork meatballs** and a sprinkling of **coriander**.

Sandwich on the **baguette lids**, slice in half widthways and share between your plates.

Add the **baby leaves** and remaining **coriander** to the **pickled slaw** bowl. Add a drizzle of **olive oil**, then toss to coat. Serve alongside your **bánh mì**.

Enjoy!