



Pork Bahn Mi Inspired Bao Buns

with Sesame Sweet Potato Wedges, Sambal Mayo Slaw and Pickled Carrot

Street Food 35-45 Minutes • Mild Spice • 4 of your 5 a day

31



Sweet Potato



Black Sesame Seeds



Carrot



Rice Vinegar



Sambal



Mayonnaise



Pork Mince



Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Bao Buns



Coleslaw Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Honey

Before you start

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

Cooking tools

Baking tray, peeler, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Black Sesame Seeds 3)	5g	7g	10g
Carrot**	1	2	2
Rice Vinegar	22ml	37ml	44ml
Sambal	30g	45g	60g
Mayonnaise 8) 9)	64g	96g	128g
Pork Mince**	240g	360g	480g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11)	25g	37g	50g
Bao Buns** 13)	4	6	8
Coleslaw Mix**	120g	180g	240g
Pantry	2P	3P	4P
Salt*	¼ tsp	¼ tsp	½ tsp
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Honey*	½ tbsp	¾ tbsp	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	672g	100g
Energy (kJ/kcal)	4322 /1033	643 /154
Fat (g)	40.8	6.1
Sat. Fat (g)	11.6	1.7
Carbohydrate (g)	131.6	19.6
Sugars (g)	44.0	6.5
Protein (g)	35.8	5.3
Salt (g)	3.85	0.57

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

Allergens

3) Sesame **8)** Egg **9)** Mustard **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, milk, egg, mustard, celery, soya, 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.

Contact

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Prep the Sweet Potatoes

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

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

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **black sesame seeds**, 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.



Sauce Things Up

Add the **ginger, garlic & lemongrass puree** to the **pork**. Cook for 1 min.

Stir in the **ketjap manis, water for the sauce** and **honey** (see pantry for both amounts), then allow to simmer until sticky, 2-3 mins.

Taste and season with **salt** and **pepper**.



Let's Get Pickling

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

In a medium bowl, mix together the **rice vinegar, salt** and **sugar for the pickle** (see pantry for both amounts). Toss the **carrots** in the **pickling liquid**. Set aside.

In a small bowl, stir together the **sambal** and **mayo**. Set aside.



Bring on the Bao Buns

When the **sweet potato** has 5 mins remaining, place the **bao buns** (2 per person) on a plate and microwave, 750W: 1 min 30 secs, 900W: 1 min.

If you don't have a microwave, place the **bao buns** onto a baking tray and bake on the middle shelf until warm and fluffy, 2-3 mins.



Fry the Pork

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Finish and Serve

Pop the **bao buns** onto your plates and share **one third** of the the **sambal mayo** between them. Use **half** the **pickled carrots** to fill the **bao**, then stuff each with the **sticky pork** (reheat first if needed).

Add the **coleslaw mix** and remaining **sambal mayo** to the remaining **pickled carrots**. Toss together and season with **salt** and **pepper** if needed.

Serve your **sticky pork bao buns** with the **sambal mayo slaw** and **sesame sweet potato wedges** alongside.

Enjoy!