



# Sticky Glazed Pulled Pork Subs

with Garden Salad & Fries

NEW KID FRIENDLY CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Carrot



Mixed Salad Leaves



Hot Dog Buns



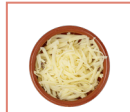
Pulled Pork



Aussie Spice Blend



Sweet & Savoury Glaze



Shredded Cheddar Cheese

Prep in: 15-25 mins  
Ready in: 30-40 mins

Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

Packed between these soft hot dog buns lies one of the newest, greatest and simplest flavour combos to rock our test kitchen! Coupled with our sweet and savoury glaze, our fave Aussie spice blend works a treat with tender pulled pork and will have you salivating from the moment it hits your plate. A side of fries and salad is all you need to complete this dish!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
tomato	1	2
carrot	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
hot dog buns	2	4
pulled pork	1 packet (200g)	1 packet (400g)
Aussie spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
shredded Cheddar cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2672kJ (639Cal)	485kJ (116Cal)
Protein (g)	28.4g	5.2g
Fat, total (g)	26.1g	4.7g
- saturated (g)	14.3g	2.6g
Carbohydrate (g)	67.6g	12.3g
- sugars (g)	23.3g	4.2g
Sodium (mg)	1138mg	207mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (721Cal)	528kJ (126Cal)
Protein (g)	33.2g	5.8g
Fat, total (g)	33.1g	5.8g
- saturated (g)	18.5g	3.2g
Carbohydrate (g)	67.6g	11.8g
- sugars (g)	23.3g	4.1g
Sodium (mg)	1282mg	225mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

3



## Cook the pork

- Bake **hot dog buns** directly on a wire oven rack, until heated through, **3 minutes**.
- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pulled pork** and **Aussie spice blend**, stirring, until fragrant, **1-2 minutes**.
- Stir in **sweet & savoury glaze** and the **butter** and cook, until combined, **1 minute**. Season to taste.

**TIP:** Add a splash more water if the filling looks dry!

**Custom Recipe:** If you've added shredded Cheddar cheese, slice each hot dog bun lengthways down the middle, three-quarters of the way through. Sprinkle with cheddar and bake directly on a wire oven rack, until heated through and cheese has melted, 3-5 minutes.

2



## Toss the salad

- When the fries have **10 minutes** remaining, roughly chop **tomato**. Grate **carrot**.
- In a medium bowl, combine a drizzle of the **vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Just before serving, add **tomato**, **carrot** and **mixed salad leaves**. Toss to coat.

**Little cooks:** Take the lead by tossing the salad!

4



## Serve up

- Slice each hot dog bun lengthways down the middle, three-quarters of the way through.
- Fill hot dog buns with pulled pork and garden salad.
- Serve with fries and any remaining salad. Enjoy!

**Little cooks:** Take the lead and help assemble the subs!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)