



Sticky Pulled Pork & Rocket Subs

with Cherry Tomato-Fennel Salad & Fries

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Snacking Tomatoes



Carrot



Spinach, Rocket & Fennel Mix



Hot Dog Buns



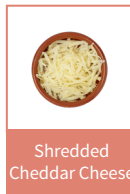
Pulled Pork



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! Our fave Aussie spice blend, coupled with sweet and savoury glaze works a street 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
olive oil*	refer to method	refer to method
potato	2	4
snacking tomatoes	1 punnet	2 punnets
carrot	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
spinach, rocket & fennel mix	1 small bag	1 medium bag
hot dog buns	2	4
pulled pork	1 packet (200g)	1 packet (400g)
Aussie spice blend	1 sachet	2 sachets
sweet & savoury glaze	1 medium packet	1 large packet
butter*	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)	2689kJ (643Cal)	455kJ (109Cal)
Protein (g)	28.5g	4.8g
Fat, total (g)	26.2g	4.4g
- saturated (g)	14.3g	2.4g
Carbohydrate (g)	68.2g	11.5g
- sugars (g)	22.1g	3.7g
Sodium (mg)	1141mg	193mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3033kJ (725Cal)	497kJ (119Cal)
Protein (g)	33.4g	5.5g
Fat, total (g)	33.2g	5.4g
- saturated (g)	18.5g	3g
Carbohydrate (g)	68.2g	11.2g
- sugars (g)	22.1g	3.6g
Sodium (mg)	1285mg	210mg

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 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 fries between two trays.

Custom Recipe: If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove from oven, sprinkle with shredded Cheddar cheese and bake until golden and crisp, 5 minutes.

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**.
- Add **sweet & savoury glaze** and the **butter** and cook, stirring, until combined, **1 minute**. Season to taste.

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

2



Toss the salad

- When the fries have **10 minutes** remaining, halve **snacking tomatoes**.
- Grate **carrot**.
- In a medium bowl, combine a drizzle of the **vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Just before serving, add **snacking tomatoes**, **carrot** and **spinach, rocket & fennel mix**. 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 salad.
- Serve with fries and any remaining cherry tomato-fennel salad. Enjoy!

Little cooks: Take the lead and help build the hot dogs!

Rate your recipe

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