



American BBQ Pulled Pork Sub

with Creamy Apple Slaw & Corn Cob

NEW

KID FRIENDLY

Grab your meal kit with this number

35



Corn



Apple



Pulled Pork



All-American Spice Blend



BBQ Sauce



Hot Dog Bun



Slaw Mix



Mayonnaise



Beef Strips



Pulled Pork

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

Chow down on this finger-licking sub packed with smokey pulled pork and crunchy apple slaw. Serve alongside a juicy corn cob for a burst of sweetness to balance out the pork's delectable richness.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
apple	1	2
butter*	40g	80g
pulled pork	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
hot dog bun	2	4
slaw mix	1 small packet	1 large packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4057kJ (969Cal)	719kJ (171Cal)
Protein (g)	40.9g	7.2g
Fat, total (g)	51.6g	9.1g
- saturated (g)	22.1g	3.9g
Carbohydrate (g)	84.3g	14.9g
- sugars (g)	35g	6.2g
Sodium (mg)	1376mg	244mg
Dietary Fibre (g)	15g	2.7g

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.



Get prepped & cook the corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **corn cob** in half.
- Thinly slice **apple** into wedges.
- Transfer **corn** to a microwave-safe plate. Cover with a damp paper towel. Microwave **corn** on high, until tender, **4-5 minutes**.
- Drain any excess liquid. Season with **salt** and **pepper**.
- Top corn with half the **butter** and cover to keep warm.



Assemble the slaw

- While the pork is cooking, bake **hot dog buns** directly on a wire oven rack until heated through, **3 minutes**.
- In a medium bowl, combine **apple**, **slaw mix**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Cook the pulled pork

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pulled pork** and **All-American spice blend**, stirring, until fragrant, **1-2 minutes**.
- Remove pan from heat, then stir in **BBQ sauce**, the remaining **butter** and a splash of **water**, until combined and heated through, **1-2 minutes**. Season to taste with **salt** and **pepper**.

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



Serve up

- Slice hot dog buns in half lengthways, three quarters of the way through.
- Fill with some creamy apple slaw and American BBQ pulled pork.
- Serve with corn cob and any remaining slaw. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



DOUBLE PULLED PORK

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

