



Vietnamese Grilled Pork Roll

with Pickled Veggies, Corn Cob & Chilli

GOOD TO BBQ

NEW

Grab your meal kit with this number

14



Carrot



Cucumber



Corn



Lemon



Long Chilli (Optional)



Hot Dog Buns



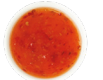
Asian BBQ Seasoning



Pork Loin Steaks



Garlic Aioli



Sweet Chilli Sauce



Pork Loin Steak



Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins

Jazz up your standard BBQ dinner by making it a Vietnamese-style winner. In our take on a 'Banh Mi', this pork roll comes decked out with grilled corn, charred lemon and pickled veggies in a crispy bun. If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Softened Butter

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

BBQ or medium saucepan and large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cucumber	1	2
vinegar* (white wine or rice wine)	½ cup	1 cup
corn	1 cob	2 cobs
lemon	1	2
long chilli (optional)	½	1
hot dog buns	2	4
Asian BBQ seasoning	1 sachet	2 sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
garlic aioli	1 medium packet	1 large packet
sweet chilli sauce	1 packet	1 packet
softened butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4233kJ (1011Cal)	629kJ (150Cal)
Protein (g)	43.4g	6.4g
Fat, total (g)	56.1g	8.3g
- saturated (g)	19.6g	2.9g
Carbohydrate (g)	80.4g	11.9g
- sugars (g)	30.7g	4.6g
Sodium (mg)	1663mg	247mg
Dietary Fibre (g)	13.6g	2g

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.

1



Pickle the veggies

- Preheat BBQ to high heat.
- Using a vegetable peeler, slice **carrot** and **cucumber** into ribbons (stopping when you reach the seeds in the centre).
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **carrot** and **cucumber** to pickling liquid. Add enough **water** to just cover veggies. Set aside.

TIP: Slicing the veggies very thinly helps it pickle faster!

4



Grill the pork

- While corn is cooking, add **pork loin steaks** to BBQ and cook, until charred and cooked through, **2-4 minutes** each side.
- Transfer to a plate to rest for **5 minutes**.

No BBQ? In a large frying pan, cook pork over medium-high heat until cooked through, 3-4 minutes each side.

2



Get prepped

- While veggies are pickling, halve **corn cob** and **lemon**. Finely chop **long chilli** (if using).
- Slice **hot dog buns** in half lengthways, three quarters of the way through.
- In a second medium bowl, combine **Asian BBQ seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat.

5



Grill the lemon & buns

- While pork is resting, grill **lemon**, cut side down, until charred, **2-3 minutes**.
- Add **hot dog buns** to grill plate and cook, turning, until lightly golden, **2-3 minutes**.

No BBQ? Preheat oven to 240°C/220°C fan-forced. Bake hot dog buns directly on a wire oven rack until heated through, 3 minutes. In a large frying pan, cook lemon over high heat, cut side down, until charred, 1-2 minutes.

3



Grill the corn

- When BBQ is hot, add **corn** to BBQ grill plate and cook, turning, until charred and cooked through, **10-15 minutes**.
- Transfer to a plate and cover to keep warm.

No BBQ? In a medium saucepan, bring water to boil. Cook corn in boiling water until tender and bright yellow, 5 minutes. Drain and cover to keep warm.

6



Finish & serve

- Drain pickled veggies. Thinly slice pork.
- Spread hot dog buns with **garlic aioli**. Fill with some pickled veggies and Vietnamese grilled pork. Drizzle over **sweet chilli sauce** and a squeeze of lemon juice.
- Top corn cob with **softened butter**. Garnish with **chilli**. Serve with remaining pickled veggies and any remaining charred lemon. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS

+ **DOUBLE PORK LOIN STEAKS**
Follow method above.

↻ **SWAP TO CHICKEN THIGH**
Cook chicken on BBQ, turning occasionally, until cooked through, 8-12 minutes.

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

