

# Easy BBQ Pulled Pork Ciabatta

with Cheddar, Corn Slaw & Fries

Grab your Meal Kit with this symbol



Potato



Bake-At-Home Ciabatta



Sweetcorn



Pulled Pork



Garlic & Herb Seasoning



BBQ Sauce



Shredded Cheddar Cheese



Deluxe Slaw Mix



Mayonnaise

 Hands-on: 15-25 mins  
Ready in: 30-40 mins

Now this is what we call a sandwich! The robust ciabatta stands up well to the tender pulled pork filling, which mingles with BBQ sauce and our garlic and herb seasoning in the pan for the perfect balance of sweet, smoky and rich flavours. The juicy corn slaw adds colour and crunch, and the hand-cut fries complete the cafe-meal vibes.

### Pantry items

Olive Oil, Brown Sugar, Butter, White Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
bake-at-home ciabatta	2	4
sweetcorn	1 tin (125g)	1 tin (300g)
pulled pork	1 packet (200g)	1 packet (400g)
garlic & herb seasoning	1 sachet	2 sachets
BBQ sauce	1 packet (40g)	2 packets (80g)
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
deluxe slaw mix	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4042kJ (966Cal)	641kJ (153Cal)
Protein (g)	39g	6.2g
Fat, total (g)	42.6g	6.8g
- saturated (g)	17.1g	2.7g
Carbohydrate (g)	101.1g	16g
- sugars (g)	20g	3.2g
Sodium (mg)	2715mg	431mg

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.

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## Bake the fries & get prepped

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

3



## Bring it all together

- Place **ciabatta** on a second lined oven tray. Spoon **pork mixture** evenly over the base half of each **ciabatta half**.
- Sprinkle with **shredded Cheddar cheese**. Bake until the cheese is melted, **5-6 minutes**.
- Meanwhile, combine **corn**, **deluxe slaw mix**, **mayonnaise** and a drizzle of **white wine vinegar** in a medium bowl.
- Toss to combine. Season to taste.

2



## Cook the pork filling

- When fries have **10 minutes** remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pulled pork** and **garlic & herb seasoning** until fragrant, **1-2 minutes**.
- Stir in **BBQ sauce**, the **water**, **brown sugar** and **butter** and cook until heated through, **1-2 minutes**. Season with **pepper**.

4



## Serve up

- Top BBQ pulled pork ciabatta bases with creamy corn slaw, then sandwich with the ciabatta tops.
- Halve each ciabatta and divide between plates.
- Serve with fries.

## Enjoy!

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