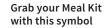


# Easy BBQ Pulled Pork Ciabatta with Cheddar, Corn Slaw & Fries

















Sweetcorn

Pulled Pork





Garlic & Herb Seasoning

**BBQ Sauce** 







Shredded Cheddar Cheese

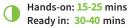
Deluxe Slaw



Mayonnaise

**Pantry items** 

Olive Oil, Brown Sugar, Butter, White Wine Vinegar



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.

#### 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

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	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*	1/4 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	

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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.



#### 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.



# 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.



#### 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!



