

Pulled Pork & Roast Cherry Tomato Sub

with Herby Fries, Pear Salad & Creamy Pesto

PUB BISTRO

Grab your Meal Kit with this symbol



Potato



Italian Herbs



Thyme



Snacking Tomatoes



Bake-At-Home Ciabatta



Pear



Salad Leaves



Pulled Pork



Sweet & Savoury Glaze



Mustard Cider Dressing



Shaved Parmesan Cheese



Creamy Pesto Dressing



Garlic Aioli

Prep in: 20-30 mins
Ready in: 35-45 mins

It's easy to throw together a fancy sub when you have our pulled pork handy. While the fries and cherry tomatoes do their thing in the oven, the tender pork mingles with our sweet & savoury glaze in the pan - leaving you with a few minutes spare to warm the ciabatta and toss the salad. Don't forget to serve with the aioli for some dipping action!

Pantry items

Olive Oil, Balsamic Vinegar, Butter

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
Italian herbs	1 medium sachet	1 large sachet
thyme	1 bag	1 bag
snacking tomatoes	1 punnet	2 punnets
balsamic vinegar*	1 tbs	2 tbs
pulled pork	1 packet (200g)	1 packet (400g)
butter*	20g	40g
sweet & savoury glaze	1 packet	1 packet
bake-at-home ciabatta	2	4
pear	1	2
mustard cider dressing	1 packet	2 packets
salad leaves	1 medium bag	1 large bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4933kJ (1179Cal)	686kJ (164Cal)
Protein (g)	38.7g	5.4g
Fat, total (g)	65.7g	9.1g
- saturated (g)	16.9g	2.4g
Carbohydrate (g)	103.7g	14.4g
- sugars (g)	22.4g	3.1g
Sodium (mg)	1838mg	256mg

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

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries. Place on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **Italian herbs** and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Warm the ciabatta

- Meanwhile, place **bake-at-home ciabatta** directly on an oven wire rack and bake until heated through, **3 minutes**.



Roast the cherry tomatoes

- Meanwhile, pick **thyme** leaves. Place **snacking tomatoes** and **thyme** on a second lined oven tray.
- Add the **balsamic vinegar**, a pinch of **salt** and a drizzle of **olive oil**.
- Toss to coat, then roast until blistered, **15-20 minutes**.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.



Assemble the salad

- While ciabatta is baking, thinly slice **pear**.
- In a large bowl, combine **mustard cider dressing** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add **pear** and **salad leaves**. Toss to coat. Top with **shaved Parmesan cheese**.



Flavour the pork

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Add **pulled pork**, the **butter**, **sweet & savoury glaze** and a splash of **water** and cook, breaking up **pork** with a spoon, until browned and warmed through, **2-3 minutes**.



Serve up

- Slice ciabatta in half, lengthwise. Spread ciabatta with **creamy pesto dressing**, then fill each sub with pulled pork, salad and roast cherry tomatoes.
- Serve with herby fries, **garlic aioli** any remaining salad and roast tomatoes. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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