



Sichuan Garlic Beef Baos Buns

with Spring Onion Fries & Radish Salad

BAO BONANZA

NEW

Grab your Meal Kit with this symbol



Potato



Cucumber



Radish



Spring Onion



Garlic



Beef Rump



Sichuan Garlic Paste



Mixed Salad Leaves



Bao Buns



Mayonnaise

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

The hidden wonders of a bao never cease to amaze! Be dazzled with the flavour combination of garlic and Sichuan on tender beef and enjoy the crunch of the salad packed into these soft and tasty buns.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

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

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cucumber	1 (medium)	1 (large)
radish	1	2
spring onion	1 stem	2 stems
garlic	2 cloves	4 cloves
beef rump	1 small packet	2 small packets OR 1 large packet
Sichuan garlic paste	1 packet	2 packets
water*	¼ cup	½ cup
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	drizzle	drizzle
bao buns	6	12
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3802kJ (909Cal)	585kJ (140Cal)
Protein (g)	45.9g	7.1g
Fat, total (g)	23.8g	3.7g
- saturated (g)	6.4g	1g
Carbohydrate (g)	113.4g	17.5g
- sugars (g)	42.5g	6.5g
Sodium (mg)	982mg	151mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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**, season with **salt** and toss to coat.
- Spread out evenly, then bake until just tender, **20-25 minutes**.

4



Make the salad

- While the beef is cooking, combine **mixed salad leaves**, **radish**, **cucumber** and a drizzle of **vinegar** and **olive oil** in a medium bowl. Season to taste.
- When the **fries** are done, add **spring onion oil** to the tray and toss to coat.

2



Get prepped

- Meanwhile, slice **cucumber** into sticks. Thinly slice **radish** and **spring onion**.
- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **spring onion** and **garlic** until fragrant, **1 minute**. Transfer to a bowl.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season generously with **salt** and **pepper**.

TIP: Pounding the beef ensures that it's extra tender once cooked.

5



Warm the bao buns

- Place **bao buns** on a plate with a small splash of **water** (just a small splash so they stay fluffy!).
- Cover with cling wrap or a microwave-safe bowl. Microwave on high, **1 minute**. Set aside to slightly cool, **1 minute**.

3



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.
- Remove pan from heat, add **Sichuan garlic paste** and the **water**, and stir to combine.
- Thinly slice **beef** and return to pan. Toss to coat.

6



Serve up

- Gently halve bao buns and spread with **mayonnaise**. Fill with Sichuan garlic beef and radish salad. Spoon over any remaining sauce.
- Serve with spring onion fries and remaining salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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