

Sweet Chilli Beef Bao Buns

with Crushed Spring Onion Potatoes & Sesame Slaw

BAO BONANZA

Grab your meal kit with this number

24



Potato



Chicken-Style Stock Powder



Garlic



Spring Onion



Radish



Cucumber



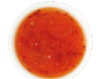
Beef Mince



Fine Breadcrumbs



Sweet Soy Seasoning



Sweet Chilli Sauce



Slaw Mix



Sesame Dressing



Bao Buns



Mayonnaise



Mint

Prep in: 25-35 mins
Ready in: 35-45 mins

Sweet chilli-glazed beef rissoles nestled within the fluffiest of bao buns - does it get any better than this? With the addition of crushed potatoes and a crunchy, crispy slaw on the side, we can confirm it does!

Pantry items

Olive Oil, Egg

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

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
chicken-style stock powder	1 medium sachet	1 large sachet
garlic	3 cloves	6 cloves
spring onion	1 stem	2 stems
radish	2	4
cucumber	1 (medium)	1 (large)
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
sweet chilli sauce	½ medium packet	½ large packet
slaw mix	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet
bao buns	6	12
mayonnaise	1 medium packet	1 large packet
mint	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4507kJ (1077cal)	363kJ (87cal)
Protein (g)	44.3g	3.6g
Fat, total (g)	36.1g	2.9g
- saturated (g)	10.8g	0.9g
Carbohydrate (g)	124.7g	10.1g
- sugars (g)	47.8g	3.9g
Sodium (mg)	1563mg	126mg
Dietary Fibre (g)	8.7g	0.7g

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.



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over **chicken-style stock powder** and toss to coat. Roast until just tender, **18-20 minutes**.
- Meanwhile, finely chop **garlic**. Thinly slice **spring onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **spring onion** and half the **garlic** until fragrant, **1 minute**.
- Lightly crush the **semi-roasted potatoes** on the tray and drizzle over **garlic spring onion oil**. Return to oven to roast until golden, **8-10 minutes**.



Make the slaw

- Meanwhile, combine **slaw mix**, **radish**, **cucumber** and **sesame dressing** in a second large bowl. Season to taste.



Get prepped

- While the potatoes are roasting, thinly slice **radish**. Slice **cucumber** into half-moons.
- In a large bowl, combine **beef mince**, **fine breadcrumbs**, **sweet soy seasoning**, remaining **garlic**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (5-6 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.



Warm the bao buns

- Place **bao buns** on a microwave-safe plate and cover with a damp paper towel.
- Microwave on high for **1 minute**. Set aside to rest for **1 minute**.



Cook the rissoles

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat, then add **sweet chilli sauce** and turn **rissoles** to coat.



Serve up

- Gently halve bao buns and evenly spread with **mayonnaise**.
- Fill bao buns with sweet chilli beef, some slaw and tear over **mint**.
- Serve with crushed spring onion potatoes and any remaining slaw. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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