

# Korean-Style Pork Bao Buns

with Cucumber Salad & Chilli-Sesame Potatoes

BAO BONANZA

Grab your meal kit with this number

24



Potato



Sesame Seeds



Garlic



Spring Onion



Chilli Flakes (Optional)



Cucumber



Radish



Pork Loin Steaks



Garlic Paste



Cornflour



Korean Stir-Fry Sauce



Mixed Salad Leaves



Bao Buns



Garlic Aioli

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

It's that time again - time to bao down to flavour town! Crispy strips of pork tossed in our Korean stir-fry sauce provide the ultimate texture and flavour contrast to fluffy, cloud-like bao buns. A touch of freshness from the zingy cucumber salad brings it all together!

### Pantry items

Olive Oil, Plain Flour, Vinegar (White Wine or Rice Wine)



## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
sesame seeds	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
chilli flakes (optional)	1 pinch	1 pinch
cucumber	1 (medium)	1 (large)
radish	2	4
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 medium packet	1 large packet
cornflour	1 packet	2 packets
<b>plain flour*</b>	1 tbs	2 tbs
Korean stir-fry sauce	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
bao buns	6	12
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4006kJ (564cal)	564kJ (79cal)
Protein (g)	51.1g	7.2g
Fat, total (g)	23g	3.2g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	122g	17.2g
- sugars (g)	24.2g	3.4g
Sodium (mg)	1293mg	182.1mg
Dietary Fibre (g)	7.7g	1.1g

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](https://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 **potato** on a lined oven tray. Sprinkle over **sesame seeds**, drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**.
- Thinly slice **spring onion**.
- In a small bowl, combine **garlic**, **spring onion** and a drizzle of **olive oil**.
- When potatoes have **5 minutes** remaining, remove tray from oven, pour over **spring onion mixture** and add a pinch of **chilli flakes** (if using). Return to oven and roast until tender.



## Add the Korean sauce

- Remove pan from heat, drain excess oil, then add **Korean stir-fry sauce** and a splash of **water**, tossing to coat.



## Get prepped

- Meanwhile, thinly slice **cucumber** into sticks.
- Thinly slice **radish**.
- Slice **pork loin steaks** into 1cm strips.
- In a medium bowl, combine **pork**, **garlic paste** and a drizzle of **olive oil**.



## Bring it all together

- Meanwhile, in a large bowl, combine **cucumber**, **radish**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Place **bao buns** on a microwave-safe plate and cover with a damp paper towel.
- Microwave on high, **1 minute**. Set aside to slightly cool, **1 minute**.



## Cook the pork

- Add **cornflour** and the **plain flour** to the bowl with **pork**. Toss to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- When oil is hot, dust off any excess **flour** from **pork** and cook, turning occasionally, until browned and cooked through, **2-3 minutes**.



## Finish & serve

- Uncover, then gently halve bao buns and spread with **garlic aioli**.
- Fill baos with Korean-style fried pork and cucumber salad.
- Serve with chilli-sesame potatoes and any remaining cucumber salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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