



Mediterranean Pulled Pork Sub & Fries

with Pear Salad & Truffle Mayo

PUB BISTRO

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Sage



Tinned Cherry Tomatoes



Pulled Pork



Garlic & Herb Seasoning



Wholemeal Panini



Pear



Rocket Leaves



Italian Truffle Mayonnaise



Grated Parmesan Cheese



Garlic Aioli

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

Tired of eating shop-bought sandwiches? We know you are, so we've come up with a solution to rejuvenate your love for the sub by packing it full of succulent pulled pork in a tomato sauce that pop with juiciness. A helping of classic fries to dip in our truffle mayo and this is a sandwich you'll never get bored of.

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

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

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
sage	1 bag	1 bag
tinned cherry tomatoes	1 tin	2 tins
pulled pork	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
brown sugar*	1 tsp	2 tsp
wholemeal panini	2	4
pear	1	2
rocket leaves	1 medium bag	2 medium bags
white wine vinegar*	drizzle	drizzle
Italian truffle mayonnaise	½ packet (20g)	1 packet (40g)
grated Parmesan cheese	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3953kJ (945Cal)	524kJ (125Cal)
Protein (g)	38.2g	5.1g
Fat, total (g)	41.5g	5.5g
- saturated (g)	12.3g	1.6g
Carbohydrate (g)	101.7g	13.5g
- sugars (g)	34.7g	4.6g
Sodium (mg)	2065mg	274mg

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, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

Little cooks: Kids can help toss the fries.

2



Cook the cherry tomatoes

- Meanwhile, pick **sage** leaves. Drain **tinned cherry tomatoes**.
- When the fries have **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **cherry tomatoes**, tossing occasionally, until browned, **2-3 minutes**.

3



Add the pulled pork

- Reduce heat to medium, then add **pulled pork**, **garlic & herb seasoning**, **sage**, the **brown sugar** and a splash of **water** to the frying pan. Cook, breaking pork up with a spoon, until browned and warmed through, **2-3 minutes**

4



Warm the panini

- Meanwhile, bake **wholemeal panini** directly on a wire oven rack until heated through, **3 minutes**.

5



Assemble the salad

- While the panini is baking, thinly slice **pear**.
- In a large bowl, combine **pear**, **rocket leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead and help combine the ingredients for the salad.

6



Serve up

- Slice panini in half lengthways.
- Spread inside of panini with **Italian truffle mayonnaise**, then top with Mediterranean pulled pork, **grated Parmesan cheese** and pear salad.
- Serve with fries, **garlic aioli** and any remaining salad. Enjoy!

Little cooks: Take the lead and help assemble the subs!

We're here to help!

Scan here if you have any questions or concerns



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