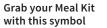


# Quick Teriyaki-Glazed Pork Burger with Creamy Slaw & Sesame Fries

TAKEAWAY FAVES

KID FRIENDLY









Potato

Mixed Sesame



Pork Mince



Fine Breadcrumbs





Sweet Soy Seasoning

Teriyaki Sauce





Burger Buns





**Spring Onion** 

Shredded Cabbage



Mayonnaise



Prep in: 15-25 mins Ready in: 30-40 mins We're revamping burger night by giving juicy pork patties a teriyaki glaze, and sprinkling potato fries with sesame seeds to jazz up their flavour. A rainbow slaw with sweet pear and mayo takes the salad portion of the meal to new heights too.

**Pantry items** Olive Oil, Egg

## 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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
mixed sesame seeds	1 sachet	1 sachet
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
teriyaki sauce	1 medium packet	1 large packet
burger buns	2	4
pear	1	2
spring onion	1 stem	2 stems
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4239kJ (1013Cal)	616kJ (147Cal)
Protein (g)	47.4g	6.9g
Fat, total (g)	42.2g	6.1g
- saturated (g)	11.7g	1.7g
Carbohydrate (g)	107.3g	15.6g
- sugars (g)	28.7g	4.2g
Sodium (mg)	1677mg	244mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4530kJ (1083Cal)	658kJ (157Cal)
Protein (g)	51.6g	7.5g
Fat, total (g)	46.7g	6.8g
- saturated (g)	14.5g	2.1g
Carbohydrate (g)	107.3g	15.6g
- sugars (g)	28.7g	4.2g
Sodium (mg)	1656mg	241mg

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.

#### We're here to help!

Scan here if you have any questions or concerns





## Bake the sesame 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, sprinkle with mixed sesame seeds and season with salt.
- Toss to coat, spread out evenly, then bake until tender, 20-25 minutes.

**Little cooks:** Kids can help sprinkle over the sesame seeds and toss the fries.



# Bring it all together

- Meanwhile, halve burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.
- Thinly slice pear and spring onion.
- In a medium bowl, add shredded cabbage mix, pear, spring onion and mayonnaise. Toss to combine.



## Cook the pork patties

- While the fries are baking, combine pork mince, fine breadcrumbs, sweet soy seasoning and the egg in a large bowl.
- Using damp hands, shape the **pork mixture** into 2cm-thick patties (1 per person).
- When the fries have 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook pork patties until just cooked through, 5-6 minutes each side.
  Remove pan from heat, then add teriyaki sauce and turn to coat.

TIP: Cook in batches if your pan is getting crowded.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into patties!

**Custom Recipe:** If you've swapped to beef mince, prep and cook the beef patties in the same way as above.



## Serve up

- Top burger buns with some creamy slaw and a teriyaki-glazed pork patty.
- · Serve with sesame fries and any remaining slaw. Enjoy!

## Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate