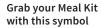


Easy Teriyaki-Glazed Pork Burger with Creamy Slaw & Sesame Fries

TAKEAWAY FAVES **KID FRIENDLY**



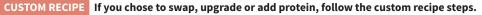




Prep in: 15-25 mins Ready in: 30-40 mins

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 carrot 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

-		
	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
carrot	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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4005kJ (957Cal)	565kJ (135Cal)
Protein (g)	47.7g	6.7g
Fat, total (g)	37.3g	5.3g
- saturated (g)	10.9g	1.5g
Carbohydrate (g)	104.8g	14.8g
- sugars (g)	25g	3.5g
Sodium (mg)	1721mg	243mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4296kJ (1027Cal)	606kJ (145Cal)
Protein (g)	51.9g	7.3g
Fat, total (g)	41.8g	5.9g
- saturated (g)	13.8g	1.9g
Carbohydrate (g)	104.8g	14.8g
- sugars (g)	25g	3.5g
Sodium (mg)	1700mg	240mg

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 2024 | CW05



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.



Cook the 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 bun bases with some creamy slaw and a teriyaki-glazed pork patty.
- Serve with sesame fries and any remaining slaw. Enjoy!

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Bring it all together

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