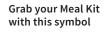


# Easy Teriyaki-Glazed Pork Burger with Creamy Slaw & Sesame Fries

TAKEAWAY FAVES

KID FRIENDLY









Sesame Seeds



Pork Mince

Fine Breadcrumbs





Teriyaki Sauce

Seasoning



**Burger Buns** 





Spring Onion



Shredded Cabbage



Mayonnaise





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 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  $\cdot$  Large frying pan

## **Ingredients**

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	3	6		
sesame seeds	1 medium sachet	1 large sachet		
pork 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		
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 medium packet	1 large packet		
mayonnaise	1 medium packet	1 large packet		
beef mince**	1 medium packet	2 medium packets OR 1 large packet		

<sup>\*</sup>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





### 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 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 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, follow instructions 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!

# Rate your recipe

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