



Teriyaki-Glazed Pork Burger

with Creamy Slaw & Sesame Fries

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Pork Mince



Fine Breadcrumbs



Teriyaki Sauce



Burger Buns



Pear



Spring Onion



Shredded Cabbage Mix



Mayonnaise



Diced Bacon

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 pear and mayo takes the salad portion of the meal to new heights too.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Honey, Soy Sauce

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 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 |
| egg* | 1 | 2 |
| teriyaki sauce | 1 medium packet | 1 large packet |
| honey* | 1 tsp | 2 tsp |
| soy sauce* | 1 tbs | 2 tbs |
| 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 |
| diced bacon** | 1 medium packet | 2 medium 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) | 47.6g | 6.7g |
| Fat, total (g) | 37.3g | 5.3g |
| - saturated (g) | 10.9g | 1.5g |
| Carbohydrate (g) | 105g | 14.8g |
| - sugars (g) | 25.1g | 3.5g |
| Sodium (mg) | 1721mg | 243mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4590kJ (1097Cal) | 605kJ (145Cal) |
| Protein (g) | 55.5g | 7.3g |
| Fat, total (g) | 49.4g | 6.5g |
| - saturated (g) | 15.4g | 2g |
| Carbohydrate (g) | 105g | 13.8g |
| - sugars (g) | 25.1g | 3.3g |
| Sodium (mg) | 2120mg | 279mg |

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 | CW16



1



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.

Custom Recipe: If you've added diced bacon, sprinkle bacon over potato fries with the sesame seeds.

3



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.

2



Cook the patties

- While the fries are baking, in a large bowl, combine **pork mince**, **fine breadcrumbs** and the **egg**.
- 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**, the **honey**, **soy sauce** and a splash of **water** 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.

4



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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