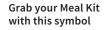


# Teriyaki-Glazed Pork Burger with Creamy Slaw & Sesame Fries

TAKEAWAY FAVES

KID FRIENDLY











Pork Mince









**Burger Buns** 

Teriyaki Sauce





Mayonnaise

Spring Onion



**Shredded Cabbage** 





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.

**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

9				
	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		

<sup>\*</sup>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





#### 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.



## 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, 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.



## 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

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