



Teriyaki Pork Belly Burger & Kumara Fries

with Asian Pear Slaw & Mayonnaise

STREET FOOD

AIR FRYER FRIENDLY

Grab your meal kit
with this number

16



Kumara



Sesame Seeds



Pear



Slow-Cooked
Pork Belly



Teriyaki Sauce



Asian Slaw
Mix



Burger Buns



Mayonnaise

Prep in: 20-30 mins
Ready in: 40-50 mins

Pork belly: rich, flavourful, and melt-in-your-mouth tender. Could it get any more indulgent? Maybe, when it's nestled in the centre of a perfectly toasted bun, with a crunchy and fresh Asian pear slaw to balance things out. Burger night just got an upgrade!

Pantry items

Olive Oil, Honey, Soy Sauce, Sesame Oil,
Vinegar (White Wine Or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 medium	4 medium
sesame seeds	1 medium sachet	1 large sachet
pear	1	2
slow-cooked pork belly	1 packet	2 packets
teriyaki sauce	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
Asian slaw mix	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
burger buns	2	4
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6832kJ (1633Cal)	1045kJ (250Cal)
Protein (g)	31.4g	4.8g
Fat, total (g)	34g	5.2g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	107.4g	16.4g
- sugars (g)	33.4g	5.1g
Sodium (mg)	13833mg	2117mg
Dietary Fibre (g)	11.4g	1.7g

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.



Airfry the fries

- Peel **kumara** and cut into thin fries.
- Set your air fryer to **200°C**.
- Place **fries** into the air fryer basket and drizzle over **olive oil**. Season with **salt** and **pepper** and sprinkle over **sesame seeds**. Toss to coat and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Prep kumara fries as above. Spread out evenly on a lined oven tray, then bake until tender, 20-25 minutes.



Make the slaw

- In a large bowl, combine **pear**, **Asian slaw mix**, the **sesame oil** and a drizzle of **vinegar**. Season to taste.



Get prepped

- Meanwhile, boil a full kettle. Thinly slice **pear**.
- Place the **slow-cooked pork belly** in a large heatproof bowl and cover with boiling water. Using tongs, remove **pork** carefully and pat dry using paper towel (this step helps the crackling get crispy!).
- When **pork** is cool enough to handle, cut into 2cm chunks.



Toast the buns

- Halve **burger buns** and toast as desired.



Cook the pork

- In a large frying pan, add **pork belly** (no need for oil). Place pan over high heat and cook **pork**, tossing, until golden, **8-10 minutes**.
- Remove pan from heat, add **teriyaki sauce**, the **honey**, **soy sauce** and a splash of water and toss **pork** to coat.

TIP: Starting the pork belly in a cold pan helps the fat melt without it burning.



Serve up

- Spread bases of burger buns with some **mayonnaise**. Top with teriyaki pork belly and Asian pear slaw.
- Serve with sesame kumara fries. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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