



# 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



Pear



Teriyaki Sauce



Burger Buns



Sesame Seeds



Slow-Cooked  
Pork Belly



Asian Slaw  
Mix



Mayonnaise

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

This twist on a burger is our most decadent invention yet. Pork belly, known for its rich, melt-in-your-mouth texture and irresistible flavour, is getting a teriyaki-flavoured makeover before being sandwiched in the middle of a perfectly toasted bun. This Asian-style burger is a flavour fusion you won't want to miss!

## 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
<b>olive oil*</b>	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
<b>honey*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	1 tbs	2 tbs
Asian slaw mix	1 medium packet	1 large packet
<b>sesame oil*</b>	1 tsp	2 tsp
<b>vinegar*</b> (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)	600kJ (143cal)
Protein (g)	31.4g	2.8g
Fat, total (g)	34g	3g
- saturated (g)	5.8g	0.5g
Carbohydrate (g)	107.4g	9.4g
- sugars (g)	33.4g	2.9g
Sodium (mg)	13833mg	1215.6mg
Dietary Fibre (g)	11.4g	1g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook 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 and flavour kumara fries as above. Spread out evenly, 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 bowl and cover with boiling water. Using tongs, remove **pork** carefully and pat dry using paper towel (this step helps the crackling get crispy!)
- Cut **pork** 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 burger bases 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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