



Cheesy Beef & Pork Bunless Burger Bowl

with Cucumber Slaw & Burger Sauce

Grab your Meal Kit with this symbol



Garlic



Cucumber



Sweetcorn



All-American Spice Blend



Fine Breadcrumbs



Burger Sauce



Beef & Pork Mince

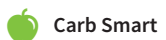


Shredded Cheddar Cheese



Slaw Mix

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



Want a low-carb way to serve up a burger? How about this fun and fresh beef and pork burger bowl! With loads of slaw and burger sauce to top it all off. This combo of ingredients is sure to satisfy your burger cravings.

Pantry items

Olive Oil, Egg, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
sweetcorn	1 tin	1 tin
beef & pork mince	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
salt*	¼ tsp	½ tsp
egg*	1	2
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	607kJ (145Cal)
Protein (g)	39.7g	9.3g
Fat, total (g)	42.7g	10g
- saturated (g)	13.8g	3.2g
Carbohydrate (g)	32.1g	7.5g
- sugars (g)	10.1g	2.4g
Sodium (mg)	1523mg	355mg
Dietary Fibre (g)	8.7g	1.5g

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

1



Char the corn

- Finely chop **garlic**. Roughly chop **cucumber**. Drain the **sweetcorn**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

3



Cook the patties

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **patties** until just cooked through, **4-5 minutes** each side.
- In last **1-2 minutes** of cook time, sprinkle **shredded Cheddar cheese** over **patties** and cover with a lid (or foil) so cheese melts.

2



Make the burger patties

- In a medium bowl, combine **beef & pork mince**, **All-American spice blend**, **fine breadcrumbs**, **garlic**, the **salt** and **egg**.
- Shape **beef and pork mixture** into evenly sized patties (2 per person).

4



Serve up

- Add **slaw mix**, cucumber and a drizzle of **white wine vinegar** and olive oil to charred corn. Toss to combine. Season to taste.
- Divide cucumber slaw between bowls and top with cheesy beef and pork patties.
- Dollop with **burger sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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