



Cheesy Pork Bunless Burger Bowl

with Sesame Wedges & Herby Mayo

Grab your Meal Kit with this symbol



Potato



Sesame Seeds



Red Onion



Pork Mince



Aussie Spice Blend



Fine Breadcrumbs



Shredded Cheddar Cheese



Tomato



Cucumber



Mixed Salad Leaves



Dill & Parsley Mayonnaise

Hands-on: 25-35 mins
Ready in: 35-45 mins

Mix up your burger menu with this bunless pork version. The patty comes together quickly and with abundant flavour from our Aussie spice blend. With all the fresh burger trimmings, including a creamy dill-parsley mayo and melted Cheddar, plus baked sesame wedges, this is a satisfying plate of goodness!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
sesame seeds	1 sachet	1 sachet
red onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
egg*	1	2
fine breadcrumbs	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
cucumber	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3338kJ (798Cal)	532kJ (127Cal)
Protein (g)	43.9g	7g
Fat, total (g)	45.4g	7.2g
- saturated (g)	13.3g	2.1g
Carbohydrate (g)	54g	8.6g
- sugars (g)	19.4g	3.1g
Sodium (mg)	1248mg	199mg

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.



Bake the sesame wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt**, sprinkle over the **sesame seeds** and toss to coat. Spread out evenly, then bake until tender, **25-30 minutes**.



Cook the patties

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



Caramelize the onion

While the sesame wedges are baking, thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium, then add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



Make the salad

While the patties are cooking, thinly slice the **tomato** and **cucumber** into half-moons. In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil** and season with **salt** and **pepper**. Add the **mixed salad leaves**, **tomato** and **cucumber** and toss to coat.



Make the burger patties

In a large bowl, combine the **pork mince**, **Aussie spice blend**, the **salt**, **egg** and **fine breadcrumbs**. Season with **pepper**. Using damp hands, shape the **pork mixture** into evenly sized patties (you should get 1 patty per person).

TIP: Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.



Serve up

Divide the sesame wedges, salad and cheesy pork patties between bowls. Top the patties with the caramelised onion. Serve with the **dill & parsley mayonnaise**.

Enjoy!