



Teriyaki Pork Patties & Celery Slaw

with Pickled Onion

Grab your Meal Kit with this symbol



Onion



Sweetcorn



Garlic



Pork Mince



Ginger & Lemongrass Paste



Fine Breadcrumbs



Teriyaki Sauce



Celery



Slaw Mix



Garlic Aioli



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Here's a fun idea for tonight's dinner, burgers without the buns! Not convinced yet, well let's fix that. These pork patties are cooked in a delicious teriyaki sauce after being combined with both ginger and lemongrass. Don't forget the pickled onion and slaw, it wouldn't be a reminiscent burger without them.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

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

Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-------------------------|
| olive oil* | refer to method | refer to method |
| onion | ½ | 1 |
| white wine vinegar* | ¼ cup | ½ cup |
| sweetcorn | 1 tin | 1 tin |
| garlic | 2 cloves | 4 cloves |
| pork mince | 1 packet | 1 packet |
| ginger & lemongrass paste | 1 medium packet | 1 large packet |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| salt* | ¼ tsp | ½ tsp |
| teriyaki sauce | 1 medium packet | 1 large packet |
| celery | 1 stalk | 2 stalks |
| slaw mix | 1 bag (150g) | 1 bag (300g) |
| garlic aioli | 1 medium packet | 1 large packet |
| beef mince** | 1 packet | 1 packet (or 2 packets) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2329kJ (557Cal) | 532kJ (127Cal) |
| Protein (g) | 30.2g | 6.9g |
| Fat, total (g) | 33.8g | 7.7g |
| - saturated (g) | 7g | 1.6g |
| Carbohydrate (g) | 39g | 8.9g |
| - sugars (g) | 17.2g | 3.9g |
| Sodium (mg) | 1482mg | 338mg |
| Dietary Fibre (g) | 7.2g | 1.6g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2620kJ (626Cal) | 598kJ (143Cal) |
| Protein (g) | 34.4g | 7.9g |
| Fat, total (g) | 38.3g | 8.7g |
| - saturated (g) | 9.9g | 2.3g |
| Carbohydrate (g) | 39g | 8.9g |
| - sugars (g) | 17.2g | 3.9g |
| Sodium (mg) | 1447mg | 330mg |

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

2023 | CW18



1



Pickle the onion

- Thinly slice **onion** (see ingredients).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch **sliced onion** in your hands, then add to **pickling liquid**, along with just enough **water** to cover the onion. Set aside.

3



Cook the patties

- Finely chop **garlic**. In a medium bowl, combine **garlic, pork mince, ginger & lemongrass paste, fine breadcrumbs, the salt** and a pinch of **pepper**. Shape **pork mixture** into 2cm-thick patties (2 per person).
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).
- Add **teriyaki sauce** and a splash of **pickling liquid** and cook, gently turning **patties**, until well coated, **1-2 minutes**.
- Meanwhile, thinly slice **celery**.

Custom Recipe: If you've swapped from pork mince to beef mince, prep and cook the beef patties in the same way as above.

2



Char the corn

- Drain the **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn** 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.

4



Serve up

- To the bowl with the charred corn, add celery, **slaw mix** and **garlic aioli**. Add a splash of pickling liquid and a drizzle of olive oil. Toss to combine. Season to taste.
- Drain pickled onion.
- Divide celery slaw between plates. Top with teriyaki pork burger patties, spooning over any remaining sauce from the pan.
- Garnish with pickled onion to serve. Enjoy!

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