



RAGIN' CAJUN PORK BURGER

with Garlic Aioli & Kumara Wedges



Caramalise onions
at home



Kumara



Brown Onion



Tomato



Cos Lettuce



Pork Mince



Cajun Seasoning



Fine Breadcrumbs



Burger Bun



Garlic Aioli

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

Mix up a pork patty infused with the mild spices of Louisiana! With tender, caramelised onion to add a touch of sweetness, plus a hearty side of kumara wedges, this meal packs flavour in every bite!

Pantry Staples: Olive Oil, Egg, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- medium frying pan**



1 BAKE THE WEDGES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the kumara to the correct size so it cooks in the allocated time!



2 GET PREPPED

While the kumara wedges are baking, thinly slice the **brown onion**. Thinly slice the **tomato** into half-moons. Reserve a few **cos lettuce leaves** for the burgers, then roughly chop the remaining cos.



3 MAKE THE PATTIES

In a medium bowl, combine the **pork mince**, **Cajun seasoning** (see ingredients list), **fine breadcrumbs**, **egg**, the **salt** and a **pinch of pepper**. Shape the **pork** mixture into evenly sized **patties** slightly larger than your **buns** (you should get 1 patty per bun). Transfer to a plate. **TIP:** Make an indent in the centre of the pork patties to prevent them from puffing up as they cook.



4 CARAMELISE THE ONION

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **onion** and cook, stirring regularly, until tender, **5-6 minutes**. Add the **balsamic vinegar**, **brown sugar** and **warm water** and simmer until the liquid is nearly evaporated and the mixture is slightly sticky, **3-4 minutes**. Transfer to a small bowl.



5 COOK THE PATTIES

Wash out the medium frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **pork patties** and cook until cooked through, **4-5 minutes** each side. While the **patties** are cooking, place the **burger buns** directly on the wire racks in the oven and bake until heated through, **3 minutes**. In a large bowl combine the **white wine vinegar**, **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**). Add the chopped **cos lettuce** and **1/2 the tomato**, season with **salt** and **pepper** and toss to combine. **TIP:** Toss the salad just before serving to keep the leaves crisp.



6 SERVE UP

Cut the burger buns in half and spread some **garlic aioli** over the bases. Top with the reserved **cos lettuce** leaves, **tomato** slices, a patty and the caramelised **onion**. Serve with the kumara wedges and salad.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
brown onion	1	2
tomato	1	2
cos lettuce	1	1
pork mince	1 packet	1 packet
Cajun seasoning	½ sachet	1 sachet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
salt*	¼ tsp	½ tsp
balsamic vinegar*	4 tsp	2 ½ tbs
brown sugar*	1 tsp	2 tsp
warm water*	¼ cup	½ cup
burger bun	2	4
white wine vinegar*	2 tsp	4 tsp
garlic aioli	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3740kJ (893Cal)	494kJ (118Cal)
Protein (g)	46.3g	6.1g
Fat, total (g)	33.0g	4.4g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	93.9g	12.4g
- sugars (g)	28.1g	3.7g
Sodium (g)	1310mg	172mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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