

SMOKEY PORK BURGERS

with Aioli & Caramelised Onion





Make smokey pork burger patties





Cos Lettuce



Spring Onions



Brown Onion







Pork Mince



Smoked Paprika

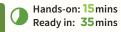


Fine Breadcrumbs



Bake-At-Home Burger Buns

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Water, Egg, Salt



Blurb required.

BEFORE YOU -**START**

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, box grater, medium frying pan, wooden spoon, two large bowls, spoon, large frying pan and a spatula.



■ GET PREPPED Preheat the oven to 220°C/200°C fan**forced**. Finely slice the **brown onion**. Finely slice the **red cabbage**. Grate the **carrot** (unpeeled). * TIP: Keep the skin on the carrot to retain the nutrients! Finely slice the **spring onion** (keep the white and green parts separate). Finely slice the cos lettuce.



CARAMELISE THE ONION Heat a **drizzle** of **olive oil** in a medium saucepan over a medium heat. Add the brown onion and cook for 5 minutes, or until softened. Add the **balsamic vinegar**, **brown** sugar and water (check ingredients list for the amount) and stir through. * TIP: Stand back! Vinegar emits a strong vapour when added to a hot pan. Reduce the heat to low and cook, stirring occasionally, for a further 15 minutes, or until sticky.



MAKE THE SLAW While the onions caramelise, add the red cabbage, carrot and spring onion (green parts) to a large bowl. Add 2 tbs of aioli and a **good drizzle** of **olive oil** and toss to coat. Season to taste with a pinch of salt and pepper. Set aside.



NUTRITION PER SERVING **PER 100G** 3660kJ (873Cal) Energy (kj) Protein (g) 48.1g 8.2g 35.3g 6.0g Fat, total (g) 10.1g 1.7g - saturated (g) 82.1g 14.0g Carbohydrate (g) - sugars (g) 21.3g 3.6g 928mg 158mg Sodium (mg)



COOK THE PORK PATTIES In a second large bowl, combine the pork mince, spring onion (white parts), egg, breadcrumbs, salt (use suggested amount) and **smoked paprika**. Shape the pork mixture into patties slightly larger than the burger buns (you should get 1 patty per person). TIP: Press down slightly in the middle of each patty to prevent it from shrinking during cooking. Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Once hot, cook the patties in batches for 5-6 minutes on each side, or until just cooked through.



WARM THE BURGER BUNS While the patties are cooking, place the bake-at-home burger buns directly on the wire racks in the oven and cook for 2-3 minutes, or until heated through. Slice in half.



SERVE UP Divide the burger buns between plates and top a dollop of the remaining aioli, a handful of shredded lettuce, a smokey pork patty and the caramelised onions. Serve the slaw on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	2
red cabbage	1 bag
carrot	1
spring onion	1 bunch
cos lettuce	1 head
balsamic vinegar*	1 tbs
brown sugar*	2 tbs
water*	1 tbs
aioli	1 tub (100 g)
pork mince	1 packet
egg*	1
fine breadcrumbs	1 packet (½ cup)
salt*	½ tsp
smoked paprika	1 sachet (2 tsp)
bake-at-home burger buns	5

*Pantry Items

623kJ (149Cal)

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