



SMOKEY PORK BURGERS

with Aioli & Caramelised Onion



Make smokey pork burger patties



Carrot



Cos Lettuce



Spring Onions



Brown Onion



Red Cabbage



Aioli



Pork Mince



Smoked Paprika



Fine Breadcrumbs



Bake-At-Home Burger Buns

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

Hands-on: **15 mins**
Ready in: **35 mins**

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**.



1 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**.



2 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.



3 MAKE THE SLAW

While the onions caramelize, 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.



4 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.



5 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.



6 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

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3660kJ (873Cal)	623kJ (149Cal)
Protein (g)	48.1g	8.2g
Fat, total (g)	35.3g	6.0g
- saturated (g)	10.1g	1.7g
Carbohydrate (g)	82.1g	14.0g
- sugars (g)	21.3g	3.6g
Sodium (mg)	928mg	158mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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