



BBQ Pulled Pork & Creamy Slaw Burger

with Pickled Onion & Corn Cobs

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Red Onion



Corn



Bake-At-Home Burger Buns



Pulled Pork



All-American Spice Blend



BBQ Sauce



Deluxe Slaw Mix



Garlic Aioli



Haloumi

Prep in: 15-25 mins
Ready in: 15-25 mins

Burgers with BBQ pulled pork and creamy slaw? Yes, please! This not-so-classic burger is all the things we love about modern Australian cuisine: no rules, all flavour.

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
white wine vinegar*	¼ cup	½ cup
corn	1 cob	2 cobs
bake-at-home burger buns	2	4
pulled pork	1 small packet	2 small packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
BBQ sauce	1 packet	2 packets
deluxe slaw mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4031kJ (963Cal)	692kJ (165Cal)
Protein (g)	32.5g	5.6g
Fat, total (g)	57.1g	9.8g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	75.3g	12.9g
- sugars (g)	27.1g	4.7g
Sodium (mg)	1227mg	211mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5183kJ (1239Cal)	771kJ (184Cal)
Protein (g)	49.6g	7.4g
Fat, total (g)	79.9g	11.9g
- saturated (g)	26.7g	4g
Carbohydrate (g)	76.5g	11.4g
- sugars (g)	28.1g	4.2g
Sodium (mg)	2262mg	336mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Pickle the onion

- Boil the kettle. Thinly slice **red 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 it to pickling liquid. Add enough **water** to just cover onion. Set aside.

Custom Recipe: If you've added haloumi, in a medium bowl, place haloumi and cover with water to soak.

3



Cook the pork

- Return large frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **pulled pork** and **All-American spice blend**, stirring, until fragrant, **1-2 minutes**.
- Add the **water** and **BBQ sauce** and cook, stirring, until combined and heated through, **1-2 minutes**.

Custom Recipe: Drain haloumi and pat dry. Slice haloumi in half horizontally to get 1 piece per person. Before cooking pulled pork, heat a large frying pan, with enough olive oil to coat the base over medium-high heat. Cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate. Continue as above.

2



Cook the corn & toast the buns

- Half-fill a large saucepan with boiling water and a pinch of **salt**. Cut **corn cob** in half.
- Cook **corn** in the boiling water, over high heat, until tender, **5 minutes**. Drain.
- Meanwhile, place **bake-at-home burger buns** on a plate and microwave in **10 second bursts** for **1 minute**.
- Halve **buns** and toast, cut-side down, in a frying pan over medium-high heat until golden, **3-4 minutes**.

TIP: If you don't have a microwave, you can bake the buns straight on the wire rack at 180°C/160°C fan-forced for 3 minutes, or until heated through.

4



Serve up

- In a medium bowl, combine **deluxe slaw mix**, **garlic aioli** and a splash of pickling liquid. Season. Drain pickled onions.
- Top burger buns with creamy slaw, BBQ pulled pork and pickled onions.
- Serve with corn cobs (spread with a little butter if you like!) and any remaining slaw. Enjoy!

Custom Recipe: Add golden haloumi to the burger.

Rate your recipe

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