



# Quick BBQ Pulled Pork & Avocado 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



Slaw Mix



Garlic Aioli



Avocado



Diced Bacon

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
<b>olive oil*</b>	refer to method	refer to method
red onion	1	2
<b>white wine vinegar*</b>	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
<b>water*</b>	¼ cup	½ cup
BBQ sauce	1 packet	2 packets
slaw mix	1 small bag	1 large bag
garlic aioli	1 medium packet	1 large packet
avocado	1	2
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4158kJ (994Cal)	647kJ (155Cal)
Protein (g)	35.5g	5.5g
Fat, total (g)	53.6g	8.3g
- saturated (g)	12.1g	1.9g
Carbohydrate (g)	87.7g	13.6g
- sugars (g)	32.5g	5.1g
Sodium (mg)	1243mg	193mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4546kJ (1087Cal)	661kJ (158Cal)
Protein (g)	42.4g	6.2g
Fat, total (g)	60.4g	8.8g
- saturated (g)	14.6g	2.1g
Carbohydrate (g)	88.5g	12.9g
- sugars (g)	33g	4.8g
Sodium (mg)	1673mg	243mg

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](https://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 & cook the corn

- Boil the kettle. Thinly slice **red onion**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch half the sliced **onion** in your hands, then add it to pickling liquid. Add enough water to just cover onion. Set aside.
- 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.

3



## Cook the pork

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

**Custom Recipe:** If you've added diced bacon, cook bacon before the pulled pork. Heat pan as above and cook diced bacon breaking up with a spoon, until golden, 4-6 minutes. Transfer to a plate and continue as above.

2



## Toast the buns

- Meanwhile, place **bake-at-home burger buns** on a plate and microwave in **10 second** bursts until warmed through, **30 seconds - 1 minute**.
- Halve **buns** and toast, cut-side down, in the 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 **slaw mix**, **garlic aioli** and a splash of pickling liquid. Season. Drain pickled onions.
- Slice **avocado** in half, scoop out flesh and thinly slice.
- Top burger buns with avocado, 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 diced bacon to the burger

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)