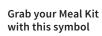


Quick BBQ Pulled Pork & Avocado Slaw Burger with Pickled Onion & Corn Cobs

NEW

KID FRIENDLY













Bake-At-Home Burger Buns





All-American



BBQ Sauce

Spice Blend











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.

Pantry items

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	1	2
white wine vinegar*	1/4 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*	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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.



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 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.



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.



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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

