



Pork & Onion Chutney Burger

with Sweet Potato Fries & Mustard Aioli

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Avocado



Dijon Mustard



Garlic Aioli



Pork Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Onion Chutney



Mixed Salad Leaves



Bake-At-Home Burger Buns



Beef Mince

Prep in: 25-35 mins
Ready in: 35-45 mins

We've packed loads of flavour into these pork patties with the crowd-pleasing combo of our garlic and herb seasoning and a secret ingredient for a touch of sweetness: onion chutney, which also helps bind the patties. Add sweet potato fries and mustard aioli, and the whole family will be crowding around the table in no time.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
tomato	1	2
avocado	½	1
Dijon mustard	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
pork mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
onion chutney	1 packet (40g)	2 packets (80g)
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
bake-at-home burger buns	2	4
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4355kJ (1041Cal)	682kJ (163Cal)
Protein (g)	40.9g	6.4g
Fat, total (g)	53.4g	8.4g
- saturated (g)	11.6g	1.8g
Carbohydrate (g)	95.8g	15g
- sugars (g)	24.3g	3.8g
Sodium (mg)	1167mg	183mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4383kJ (1048Cal)	687kJ (164Cal)
Protein (g)	44.4g	7g
Fat, total (g)	52.4g	8.2g
- saturated (g)	12.1g	1.9g
Carbohydrate (g)	95.8g	15g
- sugars (g)	24.3g	3.8g
Sodium (mg)	1168mg	183mg

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



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is getting crowded, divide the fries between two trays.

4



Cook the patties

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **pork patties** until just cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

Custom Recipe: Cook beef patties in the same way as the pork patties.

2



Get prepped

- Meanwhile, thinly slice **tomato** and **avocado** (see ingredients).
- In a small bowl, combine **Dijon mustard** and **garlic aioli**.

Little cooks: Take charge by combining the mustard and aioli!

5



Toss the salad & bake the buns

- Meanwhile, combine a drizzle of **olive oil** and **white wine vinegar** in a second medium bowl. Season, then add **mixed salad leaves**, tossing to coat.
- Halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

Little cooks: Take the lead by combining the ingredients for the dressing and tossing the salad!

3



Make the patties

- In a medium bowl, combine **pork mince**, **garlic & herb seasoning**, **fine breadcrumbs**, **onion chutney** and a pinch of **pepper**.
- Shape **pork mixture** into evenly-sized patties (one per person), slightly larger than the burger buns. Transfer to a plate.
- Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.

Custom Recipe: If you've swapped to beef mince, prepare the beef mince in the same way as the pork mince.

6



Serve up

- Spread each bun base with mustard aioli.
- Top with a pork and onion chutney patty, sliced tomato, avocado and some salad.
- Serve with sweet potato fries and any remaining salad. Enjoy!

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