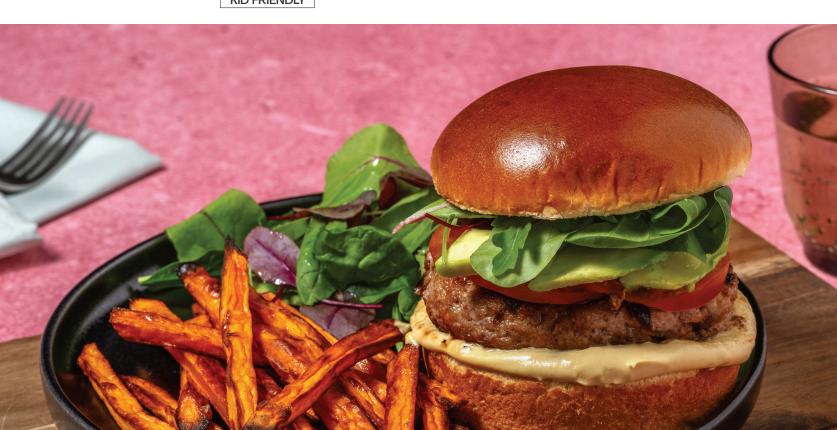


Pork & Onion Chutney Burger with Sweet Potato Fries & Mustard Aioli

KID FRIENDLY



Grab your Meal Kit with this symbol









Sweet Potato





Dijon Mustard

Avocado





Pork Mince



Seasoning



Fine Breadcrumbs



Onion Chutney



Mixed Salad



Bake-At-Home Burger Buns



Leaves

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.

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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
tomato	1	2		
avocado	1/2	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				

^{*}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!

2023 | CW52

Scan here if you have any questions or concerns





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.



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!



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.



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.



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!



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!

Rate your recipe

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