



Sticky Pulled Pork & Jalapeño Burger

with Mustard Slaw & Sweet Potato Wedges

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Sweet Potato



Slaw Mix



Mustard Mayo



Bake-At-Home Burger Buns



Brown Onion



Pulled Pork



All-American Spice Blend



Sweet & Savoury Glaze



Pickled Jalapeños (Optional)



Haloumi

Prep in: 15-25 mins
Ready in: 25-35 mins

Tonight, we bring the South to you, with a sticky glaze that coats pulled pork to perfection. Slapped onto a burger bun and served with sweet potato wedges and a jalapeño slaw, this one will make you slap-happy!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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
slaw mix	1 small bag	1 large bag
mustard mayo	1 medium packet	2 medium packets
bake-at-home burger buns	2	4
brown onion	1	2
pulled pork	1 small packet	2 small packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
pickled jalapeños ✓ (optional)	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)	3394kJ (811Cal)	532kJ (127Cal)
Protein (g)	32.7g	5.1g
Fat, total (g)	28.5g	4.5g
- saturated (g)	8.9g	1.4g
Carbohydrate (g)	98.2g	15.4g
- sugars (g)	35.6g	5.6g
Sodium (mg)	1530mg	240mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4546kJ (1087Cal)	625kJ (149Cal)
Protein (g)	49.8g	6.8g
Fat, total (g)	51.2g	7g
- saturated (g)	23.3g	3.2g
Carbohydrate (g)	99.3g	13.6g
- sugars (g)	36.5g	5g
Sodium (mg)	2565mg	353mg

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 sweet potato wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- Spread **wedges** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **wedges** on high, **2 minutes**.
- Drain any excess liquid, then place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **12-15 minutes**.

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

3



Cook the pork

- Halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**. Thinly slice **brown onion**.
- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring until tender, **4-5 minutes**. Add **pulled pork** and **All-American spice blend**, stirring, until fragrant, **1-2 minutes**. Add **sweet & savoury glaze**, stirring, until combined, **1 minute**. Add a splash more **water** if the filling looks dry! Season to taste.

Custom Recipe: Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. Before cooking onion, heat a large frying pan as above. Cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate. Continue with step as above.

2



Make the slaw

- With **10 minutes** remaining on the wedges, in a large bowl, combine **slaw mix**, **mustard mayo** and a pinch of **salt** and **pepper**.

4



Serve up

- Top each bun base with slaw, **pickled jalapeños** (if using) and pulled pork.
- Divide sticky pulled pork and **jalapeño** burgers with mustard slaw and sweet potato wedges between plates to serve. Enjoy!

Custom Recipe: Add a haloumi slice to the burger to serve.

Rate your recipe

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