

TAKEAWAY FAVES











Sweet Potato





Mustard Mayo



Bake-At-Home

Burger Buns





Pulled Pork

Brown Onion



All-American



Spice Blend

Sweet & Savoury Glaze



Pickled Jalapeños (Optional)





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!

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 \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		
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	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
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1530mg

240mg

Sodium (mg) 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



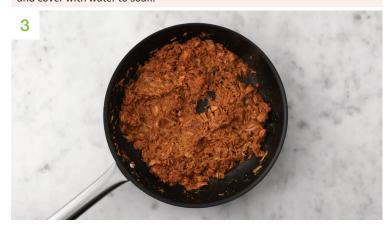




Bake the sweet potato wedges

- 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.



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.



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.



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

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