



# Quick BBQ Pulled Pork & Creamy Slaw Burger

with Avocado, Pickled Onion & Corn Cobs

KID FRIENDLY

Grab your meal kit with this number

19



Red Onion



Corn



Bake-At-Home Burger Buns



Pulled Pork



All-American Spice Blend



BBQ Sauce



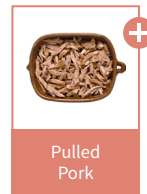
Slaw Mix



Garlic Aioli



Avocado



Pulled Pork



Haloumi

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

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

Olive Oil, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
red onion	1	2
<b>white wine vinegar*</b>	¼ cup	½ cup
corn	1	2
bake-at-home burger buns	2	4
pulled pork	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
<b>water*</b>	¼ cup	½ cup
BBQ sauce	1 medium packet	2 medium packets
slaw mix	1 small packet	1 large packet
garlic aioli	1 medium packet	1 large packet
avocado	1	2

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4049kJ (967Cal)	607kJ (145Cal)
Protein (g)	43.3g	6.5g
Fat, total (g)	49g	7.3g
- saturated (g)	9.9g	1.5g
Carbohydrate (g)	85.4g	12.8g
- sugars (g)	31g	4.6g
Sodium (mg)	1138mg	170mg
Dietary Fibre (g)	22.7g	3.4g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Pickle the onion

- Boil the kettle. Thinly slice **red onion** (see ingredients).
- 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.

**Little cooks:** Don your goggles and help peel off the onion's outer layer!



## Cook the pork

- Return large frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **pulled pork**, remaining sliced **onion** and **All-American spice blend**, stirring, until fragrant, **1-2 minutes**.
- Add the **water** and **BBQ sauce** and cook until combined and heated through, **1-2 minutes**.



## Toast the buns

- Meanwhile, place **bake-at-home burger buns** on a plate and microwave in **10 second** bursts for **1 minute**.
- Halve **buns**.
- Heat a large frying pan over medium-high heat. Toast **buns**, cut-side down, until golden, **3-4 minutes**. Transfer to a plate.

**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!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS

#### + DOUBLE PULLED PORK

Follow method above, cooking in batches if necessary.

#### + ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

