

TAKEAWAY FAVES









Sweet Potato



Mustard Mayo





Burger Buns



Brown Onion



Pulled Pork



All-American



Spice Blend

Sweet & Savoury Glaze



Pickled Jalapeños (Optional)





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

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

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 packet	1 large packet
mustard mayo	1 medium packet	2 medium packets
bake-at-home burger buns	2	4
brown onion	1	2
pulled pork	1 medium packet	2 medium 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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3289kJ (786Cal)	496kJ (119Cal)
Protein (g)	40.8g	6.2g
Fat, total (g)	24g	3.6g
- saturated (g)	6.7g	1g
Carbohydrate (g)	95.3g	14.4g
- sugars (g)	33.7g	5.1g
Sodium (mg)	1414mg	213mg
Dietary Fibre (g)	17.3g	2.6g

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.



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.



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.



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 and cook, stirring, until combined, 1 minute.
 Season to taste.



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!



DOUBLE PULLED PORK
Follow method above, cooking in batches if necessary.



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

