



Pulled Pork & Jalapeño Burger

with Mustard Slaw & Sweet Potato Wedges

HELLOHERO

Grab your meal kit with this number

26



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)



Cheddar Cheese



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!

Pantry items

Olive Oil

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 <small>(optional)</small>	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3289kJ (786Cal)	496kJ (118Cal)
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.

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**.

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**. Stir through **pulled pork** and **All-American spice blend**, until fragrant, **1-2 minutes**.
- Add **sweet & savoury glaze** and cook, stirring, until combined, **1 minute** (add a splash of water if the filling looks dry!). Season to taste.

2



Make the slaw

- When the wedges have **10 minutes** remaining, 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.
- Serve pulled pork burgers with remaining mustard slaw and sweet potato wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS



ADD CHEDDAR CHEESE

Sprinkle over sticky pulled pork before serving.



ADD HALOUMI

Slice in half to get 1 thin steak per person. Cook in a large frying pan with a drizzle of oil, until golden brown, 2 minutes each side. Top burger with golden haloumi.

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

