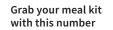


# Pulled Pork & Jalapeño Burger with Mustard Slaw & Sweet Potato Wedges

HELLOHERO









**Sweet Potato** 



Mustard Mayo



Bake-At-Home

Burger Buns





**Pulled Pork** 

**Brown Onion** 



All-American Spice Blend



Sweet & Savoury Glaze



Pickled Jalapeños (Optional)



Cheddar Cheese





**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   |
|-----------------|--|
| refer to method | refer to method  |
| 2               | 4  |
| 1 small packet  | 1 large packet   |
| 1 medium packet | 2 medium packets   |
| 2               | 4  |
| 1               | 2  |
| 1 medium packet | 2 medium packets<br>OR 1 large packet  |
| 1 medium sachet | 1 large sachet   |
| 1 medium packet | 1 large packet   |
| 1 medium packet | 1 large packet   |
|                 | refer to method 2 1 small packet 1 medium packet 2 1 medium packet 1 medium packet 1 medium packet |

<sup>\*</sup>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.



## 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.



## 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.



#### 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.



## 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!



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.

