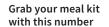


Quick BBQ Pulled Pork & Creamy Slaw Burger with Avocado & Corn Cobs

KID FRIENDLY









Bake-At-Home **Burger Buns**





Pulled Pork











Garlic Aioli

Gherkin Relish



Avocado





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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
bake-at-home burger buns	2	4
pulled pork	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
BBQ sauce	1 packet	2 packets
slaw mix	1 small packet	1 large packet
garlic aioli	1 medium packet	1 large packet
gherkin relish	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
avocado	1	2

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3950kJ (944Cal)	684kJ (163Cal)
Protein (g)	42g	7.3g
Fat, total (g)	49g	8.5g
- saturated (g)	9.9g	1.7g
Carbohydrate (g)	80.7g	14g
- sugars (g)	25.7g	4.5g
Sodium (mg)	1118mg	194mg
Dietary Fibre (g)	20.4g	3.5g

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.



Cook the corn

- 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.



Toast the buns

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

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.



Cook the pork

- Return large frying pan to medium-high heat with a drizzle of olive oil.
- Cook pulled pork 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.



Serve up

- In a medium bowl, combine slaw mix, garlic aioli, gherkin relish and a drizzle of white wine vinegar.
- Slice **avocado** in half, scoop out flesh and thinly slice.
- Top burger buns with avocado, creamy slaw and BBQ pulled pork.
- Serve with corn cobs (spread with a little butter if you like!) and any remaining slaw. Enjoy!



if necessary.

