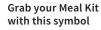


Pork & Onion Chutney Burger

with Sweet Potato Fries & Mustard Aioli

KID FRIENDLY









Sweet Potato





Garlic & Herb Seasoning







Mixed Salad



Leaves



Dijon Mustard



Bake-At-Home

Burger Buns



Pork Mince



Onion Chutney





Prep in: 25-35 mins Ready in: 35-45 mins We've packed loads of flavour into these pork patties with the crowd-pleasing combo of our garlic-herb seasoning and a secret ingredient for a touch of sweetness: onion chutney, which also helps bind the patties. Add SP fries and mustard aioli, and the whole family will be crowding around the table in no time.

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
tomato	1	2
Dijon mustard	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
pork mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
onion chutney	1 packet (40g)	2 packets (80g)
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
bake-at-home burger buns	2	4
beef mince**	1 small packet	1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3948kJ (944Cal)	707kJ (169Cal)
39.5g	7.1g
43.2g	7.7g
10.1g	1.8g
95.4g	17.1g
24.1g	4.3g
1138mg	204mg
	3948kJ (944Cal) 39.5g 43.2g 10.1g 95.4g 24.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3968kJ (948Cal)	711kJ (170Cal)
Protein (g)	43g	7.7g
Fat, total (g)	42.1g	7.5g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	95.4g	17.1g
- sugars (g)	24.1g	4.3g
Sodium (mg)	1140mg	204mg

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 fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into fries. Place on a lined oven tray. Season with salt and drizzle with olive oil. Toss to coat.
- · Bake until tender, 20-25 minutes.



Get prepped

- Meanwhile, thinly slice tomato.
- In a small bowl, combine Dijon mustard and garlic aioli.

Little cooks: Take charge by combining the mustard and aioli!



Make the patties

- In a medium bowl, combine pork mince, garlic & herb seasoning, fine breadcrumbs, onion chutney and a pinch of pepper.
- Shape pork mixture into evenly-sized patties (one per person), slightly larger than the burger buns. Transfer to a plate. Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.

Custom Recipe: If you've swapped to beef mince, prepare it in the same way as the pork mince.



Cook the patties

 In a large frying pan, heat a drizzle of olive oil over medium heat. Cook pork patties until just cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).

Custom Recipe: Cook the beef patties the same way as the pork patties.



Toss the salad & bake the buns

- Meanwhile, combine a drizzle of olive oil and vinegar in a second medium bowl. Season, then add mixed salad leaves, tossing to coat.
- Halve bake-at-home burger buns and bake directly on a wire oven rack until heated through,
 2-3 minutes.

Little cooks: Take the lead by combining the ingredients for the dressing and tossing the salad!



Serve up

- Spread each bun base with mustard aioli. Top with a pork and onion chutney patty, sliced tomato and some salad.
- Serve with sweet potato fries and any remaining salad. Enjoy!



Scan here if you have any questions or concerns

