

# Pork & Apple Burgers with Rocket and Sweet Potato Wedges





Add flavour to a pork patty



Sweet Potato



Rosemary





Green Apple



Pork Mince





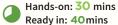
Bake-at-home Burger





**Rocket Leaves** 

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Salt



You know what's cool? Yeah, that's right - burgers. You know what else is cool? Mixing up a fast food classic with the sophisticated combination of pork, green apple and fennel. Chips are cool. You know what's even cooler? Sweet potato chips. In fact, you may as well put on your sunglasses at night right now, because you just became the coolest cat in the neighbourhood.

## START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, oven tray lined with baking paper, box grater, two medium bowls, medium frying pan and a spatula.



# MAKE SWEET POTATO WEDGES Preheat the oven to 240°C/220°C fanforced. Slice the sweet potato (unpeeled) into 1 cm wedges. Pick the rosemary leaves and finely chop. Place the sweet potato on the oven tray lined with baking paper. Toss with the rosemary, a drizzle of olive oil a pinch of salt and pepper. Arrange in a single layer on the tray and place in the oven to cook for 25-30 minutes, or until tender and golden.



**2** While the sweet potato is cooking, finely chop the **red onion** (use suggested amount). Grate the green apple (use suggested amount).

In a medium bowl, combine the **balsamic vinegar**, **brown sugar** and a **drizzle** of **olive oil**. Season with a **pinch** of **salt** and **pepper** and mix well. Set aside.



SHAPE THE PATTIES
In a medium bowl, combine the pork
mince, red onion, green apple, fennel seeds
(check ingredients list for the amount) and
the salt (use suggested amount). \* TIP: If
you love fennel, feel free to add the full amount
provided! Shape the pork mixture into patties
about the size of the burger bun. \* TIP: You
should get 1 patty per person.



4 COOK THE BURGERS
Heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the patties and cook for 4-5 minutes on each side, or until just cooked through.



**5 BAKE THE BURGER BUNS**While the burgers are cooking, place the **bake-at-home burger buns** in the oven directly onto the wire racks and cook for **2-3 minutes**, or until heated through. Slice the buns in half.



SEVRE UP
Divide the burger buns between plates
and spread the garlic aioli on the base of each
bun. Top with a pork and apple patty and a
handful of rocket leaves. Toss the remaining
rocket leaves with the balsamic dressing and
serve on the side with the rosemary and sweet
potato wedges.



#### 2 4 PEOPLE

### **INGREDIENTS**

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	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
rosemary	1 bunch	1 bunch
red onion	1/2	1
green apple	1/2	1
balsamic vinegar*	1 tsp	2 tsp
brown sugar*	½ tsp	1 tsp
pork mince	1 packet	1 packet
fennel seeds	½ sachet	1 sachet
salt*	½ tsp	1 tsp
bake-at-home burger buns	2	4
garlic aioli	<b>1 tub</b> (50 g)	<b>1 tub</b> (100 g)
rocket leaves	1 bag	1 bag

\*Pantry Items

NUTDITION	DED CEDVING	DED 1006
NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3400kJ (813Cal)	567kJ (136Cal)
Protein (g)	43.7g	7.3g
Fat, total (g)	32.1g	5.4g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	80.6g	13.4g
- sugars (g)	24.4g	4.1g
Sodium (g)	603mg	101mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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\*HallaFrachAll

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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