



Pork & Apple Burgers

with Rocket and Sweet Potato Wedges



Add flavour to a
pork patty



Sweet Potato



Rosemary



Red Onion



Green Apple



Pork Mince



Fennel Seeds



Bake-at-home Burger
Buns



Garlic Aioli



Rocket Leaves

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

Hands-on: **30** mins
Ready in: **40**mins

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.

BEFORE YOU 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**.



1 MAKE SWEET POTATO WEDGES

Preheat the oven to **240°C/220°C fan-forced**. 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 GET PREPPED

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.



3 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.



6 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.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
rosemary	1 bunch	1 bunch
red onion	½	1
green apple	½	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	1 tub (50 g)	1 tub (100 g)
rocket leaves	1 bag	1 bag

*Pantry Items

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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
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2017 | WK48 | C

