



# South African-Style Pork Burger & Fries

with Cucumber & Spicy Volcano Sauce

GAME NIGHT

NEW

Grab your Meal Kit with this symbol



Sweet Potato



Cucumber



Pickled Jalapeños



Tomato Relish



Pork Mince



Savoury Seasoning



Fine Breadcrumbs



Bake-At-Home Burger Buns



Mayonnaise



Mixed Salad Leaves



Beef Mince

Prep in: 25-35 mins  
Ready in: 30-40 mins

Getting ready for the big game has never been easier, since we've gone ahead and prepared a stacked lineup of crowd-pleasing burgers inspired by your favourite country's cuisines. Dive into this South African-style pork burger, dripping with our secret spicy volcano sauce that will score some major points on the homefront.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg



## Before you start

Wash your hands and any fresh food.

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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
cucumber	1	2
pickled jalapeños ✓ (optional)	1 medium packet	1 large packet
tomato relish	1 medium packet	2 medium packets
pork mince	1 small packet	2 small packets OR 1 large packet
savoury seasoning	1 medium sachet	2 medium sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
bake-at-home burger buns	2	4
mayonnaise	1 packet (40g)	1 packet (80g)
mixed salad leaves	1 small bag	1 medium bag
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4189kJ (1001Cal)	633kJ (151Cal)
Protein (g)	44.4g	6.7g
Fat, total (g)	49.2g	7.4g
- saturated (g)	11.8g	1.8g
Carbohydrate (g)	90.8g	13.7g
- sugars (g)	21g	3.2g
Sodium (mg)	1481mg	224mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4214kJ (1007Cal)	637kJ (152Cal)
Protein (g)	47.8g	7.2g
Fat, total (g)	48.2g	7.3g
- saturated (g)	12.3g	1.9g
Carbohydrate (g)	90.8g	13.7g
- sugars (g)	21g	3.2g
Sodium (mg)	1483mg	224mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Bake the fries

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

**TIP:** If your oven tray is crowded, divide the fries between two trays.



## Cook the patties

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pork patties** until just cooked through, **5-6 minutes** each side (cook in batches if your pan is getting crowded).

**Custom Recipe:** Cook beef mince patties as above.



## Get prepped

- Meanwhile, thinly slice **cucumber**.
- SPICY!** The pickled jalapeños are hot, use less if you're sensitive to heat. Roughly chop **pickled jalapeños** (if using).
- In a small bowl, combine **tomato relish** and **pickled jalapeños**. Set aside.



## Toast the buns

- Halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



## Make the patties

- In a medium bowl, combine **pork mince**, **savoury seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Shape **pork mixture** into 2cm-thick patties (1 per person).

**Custom Recipe:** If you've swapped to beef mince, combine beef mince mixture and form into patties, as above.



## Serve up

- Spread bun bases with **mayonnaise**.
- Top with pork patties, cucumber, volcano sauce and **mixed salad leaves**.
- Divide South African-style pork burgers and sweet potato fries between plates to serve. Enjoy!

## Rate your recipe

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Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)