



# Naked Teriyaki Pork Burger Bowl

with Corn Slaw & Pickled Onion

Grab your Meal Kit with this symbol



Red Onion



Pea Pods



Sweetcorn



Garlic



Pork Mince



Fine Breadcrumbs



Teriyaki Sauce



Ginger Paste



Baby Spinach Leaves



Slaw Mix



Garlic Aioli



Beef Mince

Prep in: 20-30 mins  
Ready in: 25-35 mins

Carb Smart

You'll have no issues cutting back on carbs when you can have this loaded burger bowl for dinner. Our ginger paste and teriyaki sauce take the pork patties to the next level, providing the perfect balance of sweet, savoury and zingy flavours.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Salt, 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
red onion	½	1
pea pods	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
sweetcorn	1 medium tin	1 large tin
garlic	2 cloves	4 cloves
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
<b>egg*</b>	1	2
teriyaki sauce	½ medium packet	1 medium packet
ginger paste	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
slaw mix	1 small packet	1 large packet
garlic aioli	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2540kJ (607Cal)	568kJ (136Cal)
Protein (g)	31g	6.9g
Fat, total (g)	39.7g	8.9g
- saturated (g)	7.6g	1.7g
Carbohydrate (g)	29.7g	6.6g
- sugars (g)	16.9g	3.8g
Sodium (mg)	1156mg	259mg
Dietary Fibre (g)	7.7g	1.7g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2567kJ (614Cal)	574kJ (137Cal)
Protein (g)	34.5g	7.7g
Fat, total (g)	38.7g	8.7g
- saturated (g)	8.1g	1.8g
Carbohydrate (g)	29.7g	6.6g
- sugars (g)	16.9g	3.8g
Sodium (mg)	1156mg	259mg
Dietary Fibre	7.7g	1.7g

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



## Pickle the red onion

- Thinly slice **red onion** (see ingredients). Trim and roughly chop **pea pods**.
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover the onion, then set aside.



## Cook the patties

- Finely chop **garlic**. In a medium bowl, combine **garlic**, **pork mince**, **fine breadcrumbs**, the **salt**, **egg** and a pinch of **pepper**. Shape **mixture** into evenly sized patties (two per person).
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).
- Add **teriyaki sauce** (see ingredients), **ginger paste** and a splash of **pickling liquid** and cook, gently turning **patties**, until well coated, **1-2 minutes**.
- Meanwhile, add **baby spinach leaves**, **pea pods**, **slaw mix** and **garlic aioli** to the bowl with charred corn. Add a splash of **pickling liquid** and a drizzle of **olive oil**. Toss to combine. Season to taste.

**Custom Recipe:** If you've swapped to beef mince, prepare beef patties in the same way as above. Cook beef patties in batches for best results.



## Char the corn

- Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels**, tossing, until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Serve up

- Drain pickled onion.
- Divide corn slaw between bowls. Top with teriyaki pork burger patties, spooning over any remaining sauce from pan.
- Garnish with pickled onion to serve. Enjoy!

**Custom Recipe:** Top corn slaw with teriyaki beef burger patties as above.

## Rate your recipe

Did we make your tastebuds happy?

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