



Quick BBQ Pulled Pork & Creamy Slaw Burger

with Avocado, Pickled Onion & Corn Cobs

KID FRIENDLY

Grab your Meal Kit with this symbol



Red Onion



Corn



Bake-At-Home Burger Buns



Pulled Pork



All-American Spice Blend



BBQ Sauce



Slaw Mix



Garlic Aioli



Avocado



Pulled Pork

Prep in: 15-25 mins
Ready in: 15-25 mins

Burgers with BBQ pulled pork and creamy slaw? Yes, please! This not-so-classic burger is all the things we love about modern Australian cuisine: no rules, all flavour.

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

Pantry items

Olive Oil, White Wine Vinegar

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
white wine vinegar*	¼ cup	½ cup
corn	1 cob	2 cobs
bake-at-home burger buns	2	4
pulled pork	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
BBQ sauce	1 medium packet	2 medium packets
slaw mix	1 small packet	1 large packet
garlic aioli	1 medium packet	1 large packet
avocado	1	2
pulled pork**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4156kJ (993Cal)	647kJ (155Cal)
Protein (g)	35.2g	5.5g
Fat, total (g)	53.6g	8.3g
- saturated (g)	12.1g	1.9g
Carbohydrate (g)	88.2g	13.7g
- sugars (g)	32.9g	5.1g
Sodium (mg)	1247mg	194mg
Dietary Fibre (g)	21.5g	3.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4959kJ (1185Cal)	668kJ (160Cal)
Protein (g)	52.2g	7g
Fat, total (g)	65.6g	8.8g
- saturated (g)	17.1g	2.3g
Carbohydrate (g)	91.2g	12.3g
- sugars (g)	34.9g	4.7g
Sodium (mg)	1429mg	192mg
Dietary Fibre	21.5g	2.9g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Pickle the onion

- Boil the kettle. Thinly slice **red onion**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch half the **sliced onion** in your hands, then add it to pickling liquid. Add enough **water** to just cover onion. Set aside.
- Half-fill a large saucepan with boiling water and a pinch of **salt**.
- Cut **corn** cob in half. Cook **corn** in the boiling water, over high heat, until tender, **5 minutes**. Drain.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

3



Cook the pork

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **pulled pork**, the remaining **sliced onion** and **All-American spice blend**, stirring, until fragrant, **1-2 minutes**.
- Add the **water** and **BBQ sauce** and cook, stirring, until combined and heated through, **1-2 minutes**.

Custom Recipe: If you've doubled your pulled pork, cook extra pork as above, in batches for best results.

2



Cook the corn & toast the buns

- Meanwhile, place **bake-at-home burger buns** on a plate and microwave in **10 second** bursts for **1 minute**.
- Halve **buns** and toast, cut-side down, in a frying pan over medium-high heat until golden, **3-4 minutes**. Transfer to serving plates.

TIP: If you don't have a microwave, you can bake the buns straight on the wire rack in the oven at 180°C/160°C fan-forced for 3 minutes, or until heated through.

4



Serve up

- In a medium bowl, combine **slaw mix**, **garlic aioli** and a splash of pickling liquid. Season. Drain pickled onions.
- Slice **avocado** in half, scoop out flesh and thinly slice.
- Top burger buns with avocado, creamy slaw, BBQ pulled pork and pickled onions.
- Serve with corn cobs (spread with a little butter if you like!) and any remaining slaw. Enjoy!

Rate your recipe

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