



# Easy Caribbean Pork Burger

with Cheesy Fries & Mayonnaise

Grab your Meal Kit with this symbol



Potato



Tomato



Baby Cos Lettuce



Mild Caribbean Jerk Seasoning



Fine Breadcrumbs



Bake-At-Home Burger Buns



Pork Mince



Shredded Cheddar Cheese



Mayonnaise

Prep in: **15-25 mins**  
Ready in: **30-40 mins**

Homemade burgers have never looked so good, or easy! Add our mild Caribbean seasoning to the juicy pork patties, and pop them in the pan while the Cheddar-adorned fries finish in the oven.

## Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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
potato	2	4
tomato	1	2
baby cos lettuce	½ head	1 head
pork mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3669kJ (877Cal)	673kJ (161Cal)
Protein (g)	44.4g	8.1g
Fat, total (g)	38.3g	7g
- saturated (g)	13.2g	2.4g
Carbohydrate (g)	84.1g	15.4g
- sugars (g)	10.7g	2g
Sodium (mg)	1357mg	249mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

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



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries. Thinly slice **tomato**. Finely shred **baby cos lettuce** (see ingredients).
- Place fries on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until just tender, **20-25 minutes**.

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



## Add the cheese & heat the buns

- When fries have **5 minutes** remaining, remove tray from oven. Sprinkle over **shredded Cheddar cheese**. Return tray to oven to bake until golden and crispy.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



## Cook the patties

- Meanwhile, in a medium bowl, combine **pork mince**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** and a generous pinch of **salt**.
- Shape **pork mixture** into evenly sized patties (one per person) slightly larger than the burger buns.
- When fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan 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).



## Serve up

- Spread each bun base with a layer of **mayonnaise**.
- Top with a Caribbean pork patty, sliced tomato and cos lettuce.
- Serve with cheesy fries and any remaining mayo. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW48

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