



Caribbean Pork & Caramelised Pineapple Burger

with Spiced Corn Cobs

Grab your Meal Kit with this symbol



Pineapple Slices



Garlic



Corn



Slaw Mix



Garlic Aioli



Mild Caribbean Jerk Seasoning



Pork Mince



Fine Breadcrumbs



Bake-At-Home Burger Buns

Hands-on: 10-20 mins
Ready in: 20-30 mins

When sweet and caramelised pineapple combine with juicy jerk pork patties, the result is this irresistible burger! Teamed with spiced corn cobs on the side, it's a winning dinner everyone will love.

Pantry items

Olive Oil, White Wine Vinegar, Butter, Egg

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
garlic	2 cloves	4 cloves
corn	1 cob	2 cobs
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)
white wine vinegar*	1 ½ tsp	3 tsp
butter*	10g	20g
mild Caribbean jerk seasoning	1 sachet	2 sachets
egg*	1	2
pork mince	1 small packet	1 medium packet
salt*	¼ tsp	½ tsp
fine breadcrumbs	1 packet	2 packets
bake-at-home burger buns	2	4

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4205kJ (1005Cal)	769kJ (183Cal)
Protein (g)	40.8g	7.5g
Fat, total (g)	56.6g	10.3g
- saturated (g)	16.3g	3g
Carbohydrate (g)	76.8g	14g
- sugars (g)	25.8g	4.7g
Sodium (mg)	1636mg	299mg

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.



1. Get prepped

Drain the **pineapple slices**. Finely chop the **garlic** (or use a garlic press). Cut the **corn cob** in half. In a medium bowl, combine the **slaw mix**, **1/2** the **garlic aioli**, **vinegar** and a **pinch** of **salt** and **pepper**. In a small bowl, combine the **butter** and a **small pinch** of **mild Caribbean jerk seasoning** (the rest will be used in step 3!). Bring a medium saucepan of salted water to the boil.



4. Cook the corn

While the patties are cooking, place the **corn** into the pan of boiling water. Cook until tender and bright yellow, **5 minutes**. Drain.



2. Caramelize the pineapple

Heat a large frying pan over a high heat. Add the **pineapple** and cook, turning occasionally, until charred, **3-4 minutes**. Transfer to a plate.



5. Heat the buns

Place the **bake-at-home burger buns** on a plate and microwave for **1 minute**. Halve the buns and toast in the frying pan over a medium-high heat until golden, **3-4 minutes**.

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



3. Cook the patties

While the pineapple is cooking, combine the **garlic**, **egg**, **pork mince**, **mild Caribbean jerk seasoning**, the **salt** and **fine breadcrumbs** in a large bowl. Season with a **good pinch** of **pepper** and mix well. Shape the mixture into patties slightly larger than your burger buns (make 1 patty per person). Set aside. Return the frying pan with a **drizzle** of **olive oil** over a medium heat. Add the patties and cook, turning, until browned and cooked through, **5-6 minutes**.

TIP: Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.

TIP: Don't worry if your patties get a little charred during cooking. It adds to the flavour!



6. Serve up

Build your burgers by spreading a layer of the remaining aioli over the base of a bun. Top with the Caribbean pork burger, slaw mix, and caramelised pineapple. Spread the spiced butter over the corn to serve.

Enjoy!