



Quick Teriyaki Pork Burger Bowl

with Corn Slaw & Pickled Onion

Grab your Meal Kit with this symbol



Red Onion



Sweetcorn



Garlic



Pork Mince



Ginger Lemongrass Paste



Fine Breadcrumbs



Teriyaki Sauce



Slaw Mix



Garlic Aioli

Hands-on: **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 lemongrass paste and teriyaki sauce take the pork patties to the next level, providing the perfect balance of sweet, savoury and zingy flavours.

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, White Wine Vinegar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
white wine vinegar*	¼ cup	½ cup
sweetcorn	1 tin (125g)	1 tin (300g)
garlic	2 cloves	4 cloves
pork mince	1 small packet	1 medium packet
ginger	1 packet	2 packets
lemongrass paste	1 packet	2 packets
fine breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
teriyaki sauce	½ packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
slaw mix	1 medium bag	1 extra large bag
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2365kJ (565Cal)	585kJ (140Cal)
Protein (g)	30g	7.4g
Fat, total (g)	35.5g	8.8g
- saturated (g)	6.8g	1.7g
Carbohydrate (g)	29.9g	7.4g
- sugars (g)	15.8g	7.4g
Sodium (mg)	1210mg	299mg
Dietary Fibre (g)	5.7g	1.4g

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW50



Pickle the onion

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine **white wine 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.



Prep & cook the patties

- Finely chop **garlic**. In a medium bowl, combine **garlic**, **pork mince**, **ginger**, **lemongrass paste**, **fine breadcrumbs**, the **salt** and a pinch of **pepper**. Shape the **mixture** into evenly sized patties (two per person).
- Return frying pan to a 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) and a splash of **pickling liquid** and cook, gently turning **patties**, until well coated, **1-2 minutes**.
- Meanwhile, to bowl with charred **corn**, add **slaw mix** and **garlic aioli**. Add a splash of **pickling liquid** and a drizzle of **olive oil**. Toss to combine. Season to taste.



Cook the corn

- Drain the **sweetcorn**.
- Heat a large frying pan over a high heat. Cook **corn** kernels 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!

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