



RAGIN' CAJUN PORK BURGER

with Garlic Aioli & Sweet Potato Wedges



Caramelize onions and
capsicum at home



Cos Lettuce
Leaves



Sweet Potato



Brown Onion



Red Capsicum



Tomato



Pork Mince



Creole Spice
Blend



Fine Breadcrumbs



Bake-At-Home
Burger Bun



Garlic Aioli



Hands-on: **25** mins
Ready in: **35** mins

Mix up a pork patty infused with the mild spices of Louisiana! With tender onion and capsicum to add a touch of sweetness, plus a hearty side of sweet potato wedges, this meal packs flavour in every bite!

Pantry Staples: Olive Oil, Egg, Balsamic
Vinegar, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



1 BAKE THE WEDGES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**.

💡 **TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time!



2 GET PREPPED

While the sweet potato wedges are baking, thinly slice the **brown onion**. Thinly slice the **red capsicum** into strips. Thinly slice the **tomato**.



3 MAKE THE PATTIES

In a medium bowl, combine the **pork mince**, **Creole spice blend**, **fine breadcrumbs**, **egg**, the **salt** and a **pinch of pepper**. Shape the pork mixture into evenly sized patties slightly larger than your buns (you should get 1 patty per bun). Transfer to a plate. 💡 **TIP:** Make an indent in the centre of the pork patties to prevent them from shrinking as they cook.



4 CARAMELISE THE TOPPINGS

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **onion** and **capsicum** and cook, stirring regularly, until tender, **5-6 minutes**. Add the **balsamic vinegar**, **brown sugar** and **warm water** and simmer until the liquid is nearly evaporated and the mixture is slightly sticky, **3-4 minutes**. Transfer to a bowl, season with **salt** and **pepper** and cover to keep warm.



5 COOK THE PATTIES

Wash out the medium frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **pork patties** and cook until cooked through, **4-5 minutes** each side. While the patties are cooking, place the **bake-at-home burger buns** directly on the wire racks in the oven and bake until heated through, **3 minutes**.



6 SERVE UP

Slice open the bake-at-home burger buns and spread some **garlic aioli** over the bases. Top with some **cos lettuce leaves**, tomato slices, a patty and the caramelised onion and capsicum. Serve with the sweet potato wedges.

ENJOY!

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
red capsicum	1	2
tomato	1	2
pork mince	1 packet	1 packet
Creole spice blend	1 sachet	2 sachets
fine breadcrumbs	1 packet	2 packets
egg*	1	2
salt*	¼ tsp	½ tsp
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
warm water*	¼ cup	½ cup
bake-at-home burger bun	2	4
garlic aioli	1 tub (50 g)	1 tub (100 g)
cos lettuce leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3740kJ (893Cal)	494kJ (118Cal)
Protein (g)	46.3g	6.1g
Fat, total (g)	33.0g	4.4g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	93.9g	12.4g
- sugars (g)	28.1g	3.7g
Sodium (g)	1310mg	172mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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