



More Than Food
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4 days



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Pork Satay Burgers with Paprika Sweet Potato Wedges

Satay is usually done with chicken, but we've gone a bit 'out there' and created our very own pork satay burger! When you add in the zinginess of lime and the creamy crunch of peanuts - you've got yourself a burger that is beyond scrumptious!

30 mins

healthy



Sweet Potato (1)



Paprika (1½ tsp)



Coriander (3 tbsp)



Lime (1)



Salted Peanuts (1 tbsp)



Pork Mince
(300g)



Soy Sauce
(1½ tbsp)



Baby Gem
Lettuce (1)



Carrot (1)



Peanut Butter
(1½ tbsp)



Brioche Bun (2)

Ingredients

2 PEOPLE

ALLERGENS

Sweet Potato, chopped	1	
Paprika	1½ tsp	
Coriander, chopped	3 tbsps	
Lime	1	
Salted Peanuts, chopped	1 tbsps	Peanut
Pork Mince	300g	
Soy Sauce	1½ tbsps	Gluten, Soya
Baby Gem Lettuce, sliced	1	
Carrot, grated	1	
Peanut Butter	1½ tbsps	Peanut
Brioche Bun	2	Gluten, Egg, Milk, Soya

Nutrition per serving: Calories: 678 kcal | Protein: 63 g | Carbs: 85 g | Fat: 24 g | Saturated Fat: 8 g

1



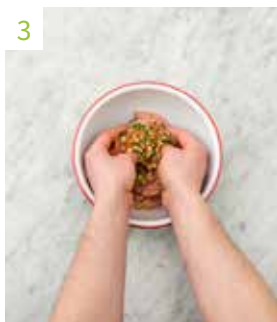
1 Pre-heat your oven to 220 degrees. Chop the **sweet potato** into wedges roughly the width and length of your index finger. Put them on a baking tray, drizzle over 1 tbsps of **oil**, sprinkle over half the **paprika**, ¼ tsp of **salt** and a good grind of **pepper**. Shake your baking tray so the wedges are evenly coated and put in your oven to cook for 25 mins.

2



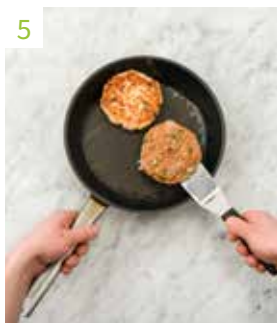
2 Roughly chop the **coriander** (stalks and leaves!) zest the **lime**. Roughly chop the **peanuts**. Put the **pork mince** in a bowl and add three-quarters of the **coriander** along with the **lime** zest, chopped **peanuts**, the other half of the **paprika**, half the **soy sauce**, ¼ tsp of **salt** and a good grind of **pepper**.

3



3 Combine everything together with your hands and shape into two burgers about 2cm thick. **Tip:** Don't make them too thick as they will get fatter, as the proteins tighten up while they are being cooked.

5



4 Remove the tough rooty bit of the **baby gem lettuce** and cut into 2cm slices. Peel and grate the **carrot** and mix with the lettuce. Mix 1 tbsps of **olive oil** with the juice of half the **lime** and a pinch of **salt** and **pepper**, whisk together with a fork. **Tip:** If you're not that keen on lime, use a bit less than specified! Put most of the **lettuce** and **carrot** into a bowl (reserve a little to put on your burgers!) and throw in your limey dressing. Toss your salad.



Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Peanuts aren't actually nuts, they're legumes!

5

Put a frying pan on medium heat and add 1 tbsps of **oil**. Add your **pork** burgers and cook for 5 mins on each side before placing on a baking tray. Put your burgers in your oven to carry on cooking for 5 mins while you make the sauce.

6

Put the **peanut butter** in a bowl and add the juice of the other half of the **lime**. Add 1 tbsps of **water**, the rest of the **soy sauce** and the rest of the **coriander** and mix everything together with a fork. **Tip:** If you're not too keen on lime, add slightly less, then taste and add a bit more if you want.

7

Turn your grill to high and cut the **brioche buns** in half. **Tip:** If your oven and grill aren't separate, just move your sweet potato and burgers down a shelf so your top shelf is free for grilling! Put the **buns** under your grill for 1-2 mins on each side to toast them. **Tip:** Keep an eye on them, you don't want them to burn!

8

When everything is ready, spread your satay sauce on the bottom half of your **buns**, pop your burgers on next, add some **lettuce** and **carrot** mixture, followed by the top of your bun. Serve with a side of **sweet potato** wedges and salad! YUM!