



# Japanese Style Pork Burger with Black Sesame Wedges and Zingy Salad

Street Food 55 Minutes • 1 of your 5 a day

31



Potatoes



Sugar Snap Peas



Radish



Tenderstem® Broccoli



Lime



Cheddar Cheese



Glazed Burger Bun



Honey



Mayonnaise



Black Sesame Seeds



Garlic Salt



Ketjap Manis



Panko Breadcrumbs



Pork Mince

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Grater, Bowl, Baking Tray, Frying Pan.

## Ingredients

|                             | 2P        | 3P        | 4P        |
|-----------------------------|-----------|-----------|-----------|
| Potatoes**                  | 450g      | 700g      | 900g      |
| Sugar Snap Peas**           | 80g       | 150g      | 160g      |
| Radish**                    | 100g      | 150g      | 200g      |
| Tenderstem® Broccoli**      | 80g       | 150g      | 160g      |
| Lime**                      | ½         | 1         | 1         |
| Cheddar Cheese 7)**         | 60g       | 90g       | 120g      |
| Glazed Burger Bun 13)       | 2         | 3         | 4         |
| Honey                       | 1 sachet  | 2 sachets | 2 sachets |
| Olive Oil for the Dressing* | 2 tbsp    | 3 tbsp    | 4 tbsp    |
| Mayonnaise 8) 9)**          | 2 sachets | 3 sachets | 4 sachets |
| Garlic Salt                 | 1 sachet  | 1 sachet  | 2 sachets |
| Black Sesame Seeds 3)       | 1 sachet  | 2 sachets | 2 sachets |
| Ketjap Manis 11) 13)        | 2 sachets | 3 sachets | 4 sachets |
| Panko Breadcrumbs 13)       | 10g       | 25g       | 25g       |
| Pork Mince**                | 360g      | 480g      | 720g      |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 726g        | 100g     |
| Energy (kJ/kcal)        | 4716/1127   | 650/155  |
| Fat (g)                 | 55          | 8        |
| Sat. Fat (g)            | 18          | 2        |
| Carbohydrate (g)        | 106         | 15       |
| Sugars (g)              | 31          | 4        |
| Protein (g)             | 55          | 8        |
| Salt (g)                | 3.31        | 0.46     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

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## Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Chop the **sugar snaps** into 3 pieces. Trim and thinly slice the **radishes**. Chop the **Tenderstem® broccoli** into 3 pieces. Zest and halve the **lime**. Grate the **cheese** and halve the **burger buns**. Squeeze the **lime juice** into a bowl and add **half the lime zest, honey and olive oil** (see ingredients for amount). **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** Season with **salt and pepper** and mix together. Add the **radishes** and **sugar snap peas** to the dressing and set aside. Put the **mayo** in a small bowl and stir in the remaining **lime zest**.



## Fry the Broccoli

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Stir-fry the **Tenderstem® broccoli** for 2-3 mins, then add a splash of **water**. Cover the pan with a lid or tin foil and cook until tender, a further 2-3 mins. Remove to the bowl with the **dressing** and remaining **salad**.



## Roast the Wedges

Pop the **wedges** onto a large, low-sided, wide baking tray. Drizzle with **oil**, season with **salt and pepper**, **half the garlic salt** and **half the black sesame seeds**. Toss to coat. Spread out in a single layer. When hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through. **TIP: Use two baking trays if necessary, you want the wedges nicely spread out.**



## Cook the Burgers

Wipe out your pan and pop it back on medium-high heat, add a drizzle of **oil**. Once hot, add the **burgers** and fry until browned on the outside and cooked through, 15-17 mins in total. Carefully turn them every 4 mins and lower the heat if they are burning. **IMPORTANT: The burgers are cooked when they are no longer pink in the middle.** **TIP: The burgers will shrink a little during cooking.** When the **burgers** are cooked, add the remaining **ketjap manis** to the pan, remove the pan from the heat and carefully turn the **burgers** to coat in the **sauce**.



## Make the Burgers

Meanwhile, put the remaining **garlic salt** and **half the ketjap manis** into a large bowl. Add the **breadcrumbs**. Season with **salt and pepper**, then add the **pork mince**. Mix with your hands until well combined. Roll the **mince** into even-sized balls then flatten to make **burger patties** 1cm thick (1 per person). **IMPORTANT: Wash your hands and equipment after handling raw meat.**



## Finish and Serve

Carefully place the **cheese** on top of the **burgers**. Cover with a lid (or wrap loosely in foil) then set aside, off the heat, for 3-4 mins for the **cheese** to melt. Meanwhile, pop the **burger buns** on a baking tray and place on the middle shelf of your oven. Warm for 1-2 mins. Spread a **dollop of mayo** on the bottom of the **buns** and top with the **burgers** and **bun lid**. Add the remaining **sesame seeds** to the **salad**, then toss it together to coat in the **dressing** and serve alongside the **burgers** with the **wedges** and remaining **mayo** for dipping.

Enjoy!