

Japanese Style Pork Burger

with Black Sesame Wedges and Zingy Salad

Street Food 55 Minutes • 1 of your 5 a day











Sugar Snap Peas





Radish







Cheddar Cheese





Glazed Burger Bun



Honey







Mayonnaise Black Sesame Seeds



Garlic Salt





Panko Breadcrumbs



Pork Mince

Before you start

Our fruit and veggies need a little wash before you

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**	1/2	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	2 tbsp	3 tbsp	4 tbsp
Dressing*	z tosp	э свэр	тсьзр
Dressing* Mayonnaise 8) 9)**	2 sachets	3 sachets	4 sachets
Mayonnaise 8) 9)**	2 sachets	3 sachets	4 sachets
Mayonnaise 8) 9)** Garlic Salt Black Sesame Seeds	2 sachets 1 sachet	3 sachets 1 sachet	4 sachets 2 sachets
Mayonnaise 8) 9)** Garlic Salt Black Sesame Seeds 3)	2 sachets 1 sachet 1 sachet	3 sachets 1 sachet 2 sachets	4 sachets 2 sachets 2 sachets
Mayonnaise 8) 9)** Garlic Salt Black Sesame Seeds 3) Ketjap Manis 11) 13) Panko Breadcrumbs	2 sachets 1 sachet 1 sachet 2 sachets	3 sachets 1 sachet 2 sachets 3 sachets	4 sachets 2 sachets 2 sachets 4 sachets

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

Thumbs up or thumbs down?

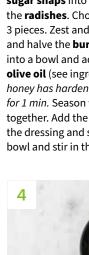
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





Get Prepped

1

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.



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.



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.



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.



Cook the Burgers

Wipe out your pan and pop it back on mediumhigh 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.



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!