



# PORK SATAY BURGERS

with Paprika Sweet Potato Wedges and Salad



## HELLO PAPIKA

Paprika is made from large, mild chillies which are dried and then ground into spice.



Sweet Potato



Paprika



Lime



Baby Gem Lettuce



Carrot



Coriander



Salted Peanuts



Pork Mince



Peanut Butter



Soy Sauce



Brioche Bun

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 the lime and the creamy crunch of peanuts - you've got yourself a burger that is beyond scrumptious!

35 mins

2 of your 5 a day

Cook within 3 Days of Delivery

MEAL BAG

4

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, a **Fine Grater**, **Coarse Grater**, three **Bowls** and a **Frying Pan**. Now, let's get cooking!



### 1 ROAST THE SPUDS

Preheat your oven to 220°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel!). Put them on a baking tray, drizzle over a good splash of **oil**, sprinkle over **half the paprika**, a pinch of **salt** and a grind of **pepper**. Arrange in a single layer on the baking tray and make sure everything is evenly coated. Pop on the top shelf of your oven and cook until soft and golden, 25 mins. Turn half way through.



### 4 FRY THE BURGERS

Put a frying pan on medium heat and add a splash of **oil**. Add your **burgers** and cook for 5 mins on each side, before placing them on a baking tray. Put the **burgers** in the oven to carry on cooking for 5 mins. **IMPORTANT:** *The burgers are cooked when no longer pink in the middle.* In the meantime, make the sauce. Put the **peanut butter** in a bowl and add any remaining **lime juice** to taste. Add a splash of water to loosen, then mix in the remaining **soy sauce** and **coriander**.



### 2 MAKE THE SALAD

Zest the **lime** and cut in half. Trim the root from the **lettuce** then half lengthways. Thinly slice widthways and separate the leaves. Peel and grate the **carrot**, then mix into a bowl with the **lettuce**. Set aside. Mix the **olive oil** (see ingredients for amount) with a small squeeze of **lime juice** and a pinch of **salt** and **pepper**. Whisk together with a fork then put to one side.



### 5 TOAST THE BUN

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



### 3 MAKE THE BURGERS

Roughly chop the **coriander** (stalks and all) and roughly chop the **peanuts**. Put the **pork mince** in a bowl and add **three quarters** of your **coriander** along with your **lime zest**, **peanuts**, the other half of the **paprika**, **half the soy sauce** and a good grind of **pepper**. Mix everything together with your hands and shape into **burgers** about 2cm thick.

**TIP:** *You want one burger per person*  
**IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat!*



### 6 FINISH UP

When everything is ready, spread your **satay sauce** on the bottom half of the **bun**, pop the **burger** on top, add some **lettuce** and **carrot mixture** then pop on the other half of the bun. Add the **limey dressing** to the rest of the **carrot** and **lettuce salad**, give it a toss, then serve alongside the **burger** with your **sweet potato wedges**. **YUM!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato	1	2	2
Mild Paprika	1½ tsp	¾ tbsp	1 tbsp
Lime	1	1 ½	2
Baby Gem Lettuce	1	2	2
Carrot	1	1 ½	2
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Coriander	½ bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	25g	40g
Pork Mince	300g	450g	600g
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11)13)	1 sachet	1½ sachets	2 sachets
Brioche Bun 7) 11) 13)	2	3	4

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 702G	PER 100G
Energy (kcal)	938	134
(kJ)	3925	560
Fat (g)	41	6
Sat. Fat (g)	10	1
Carbohydrate (g)	105	15
Sugars (g)	26	4
Protein (g)	42	6
Salt (g)	3.54	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

1) Peanut 7) Milk 8) 11) Soya 13) Gluten

**Wash your hands before and after handling ingredients.** Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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