



More Than Food
HelloFresh.co.uk



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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 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

eat within 4 days



Sweet Potato
(1)



Mild Paprika
(1½ tsp)



Coriander
(½ bunch)



Lime
(1)



Salted Peanuts
(25g)



Pork Mince
(300g)



Soy Sauce
(1½ tbsp)



Baby Gem
Lettuce (1)



Carrot
(1)



Olive Oil
(1 tbsp)



Peanut Butter
(1½ tbsp)



Brioche Bun
(2)

2 PEOPLE INGREDIENTS


- Sweet Potato, chopped
- Mild Paprika
- Coriander, chopped
- Lime
- Salted Peanuts
- Pork Mince

- 1 ½ **tbbsp**
- 1 ½ **tsp**
- ½ **bunch**
- 1
- 25g
- 300g
- 1 **tbbsp**
- 1 ½ **tbbsp**
- Brioche Bun

Allergens: Peanut, Milk, Egg, Soya, Gluten.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|-------------|--------------------|------|----------|--------------|--------|---------|------|
| Per serving | 789 kcal / 3301 kJ | 35 g | 11 g | 73 g | 18 g | 46 g | 2 g |
| Per 100g | 156 kcal / 652 kJ | 7 g | 2 g | 14 g | 3 g | 9 g | 1 g |

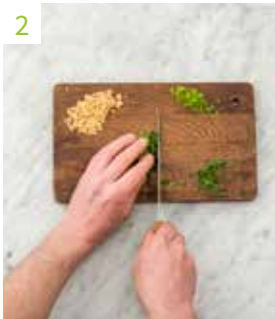
 Our fruit and veggies may need a little wash before cooking!

Did you know...

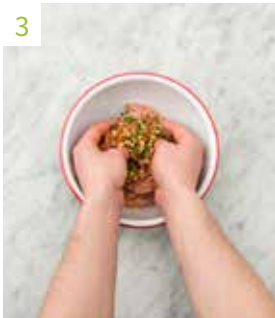
Paprika is made from large, mild chillies which are dried and then ground into spice.



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 a good splash of **oil**, sprinkle over half the **paprika**, a pinch of **salt** and a grind of **black pepper**. Make sure everything is evenly coated and put in your oven to cook for 25 mins.



2 Roughly chop the **coriander** (stalks and leaves!) and juice and zest the **lime**. 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 your **paprika**, half the **soy sauce**, a pinch of **salt** and a good grind of **black pepper**.



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



4 Remove the tough rooty bit off the **lettuce** and cut into roughly 2cm slices. Peel and grate the **carrot**, then mix it with your **lettuce**. In a bowl, mix the **olive oil** (amount stated in the ingredient list) with a dash of **lime juice** (don't use it all! You still need a bit of juice later on), a pinch of **salt** and **pepper** and whisk together with a fork. Put most of your **lettuce** and **carrot** into the bowl with your **limey dressing** (reserve a little to put on your burgers!). Toss the salad.

5 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 your oven to carry on cooking for 5 mins while you make the sauce. **Tip:** *Your burgers are cooked through when they are no longer pink in the middle*

6 For your **satay sauce**, put the **peanut butter** in a bowl and add your remaining **lime juice**. Add a splash of **water** to loosen everything, together with the rest of your **soy sauce** and **coriander** and mix with a fork. **Tip:** *Only add as much lime as you like to taste.*

7 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!*

8 When everything is ready, spread your **satay sauce** on the bottom half of your **bun**, pop your **burger** on top, add some **lettuce** and **carrot** and pop the **bun** top on. Serve with a side of **sweet potato wedges** and your **limey salad**! YUM!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!