

The Big Pineapple

Jerk Spiced Pork Burger, Charred Pineapple, Sweetcorn Ribs and Chips

Craft Burger 40-45 Minutes • Mild Spice • 1 of your 5 a day



Sweetcorn Ribs



Potatoes



Garlic Clove



Mature Cheddar Cheese



Glazed Burger Bun



Caribbean Style Jerk



Panko Breadcrumbs



Pork Mince



Pineapple Rings



Unsalted Butter



Rocket



Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Aluminum foil, baking tray, garlic press, grater, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweetcorn Ribs**	1	1½	2
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	45g	60g
Glazed Burger Bun 13)	2	3	4
Caribbean Style Jerk 9)	2 sachets	2 sachets	4 sachets
Panko Breadcrumbs 13)	10g	20g	25g
Pork Mince**	240g	360g	480g
Pineapple Rings	1 tins	1½ tins	2 tins
Unsalted Butter** 7)	20g	30g	40g
Rocket**	20g	40g	40g
Mayonnaise 8) 9)	1 sachet	1 ½ sachets	2 sachets

Pantry	2P	3P	4P
Water for the Breadcrumbs*	2 tbsps	3 tbsps	4 tbsps
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	3655/874	574/137
Fat (g)	38.5	6.1
Sat. Fat (g)	15.6	2.5
Carbohydrate (g)	92.3	14.5
Sugars (g)	17.0	2.7
Protein (g)	39.6	6.2
Salt (g)	2.97	0.47

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Put the **corn ribs** onto a large piece of foil with a drizzle of **oil**. Scrunch to enclose, then pop the **parcel** onto one half of a lightly oiled baking tray.

Cut the **potatoes** lengthways into 1cm slices, then cut into 1cm wide chips (no need to peel). Pop onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Char the Pineapple

When the **corn** has been cooking for 8-10 mins, remove the tray from the oven and add the **burgers** to the other side.

Bake for the remaining time until everything is cooked through, 12-15 mins. **IMPORTANT:** *The burgers are cooked when no longer pink in the middle.*

Meanwhile, pop a frying pan on high heat (no oil). Remove the **pineapple rings** from the tin, then lay them into the hot pan. Cook until charred, 5-6 mins. Turn only every 1-2 mins.



Prep the Rest

When the oven is hot, cook the **chips** on the top shelf until golden and the **corn ribs** on the middle shelf until tender, 25-30 mins. Turn the **chips** halfway through.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**. Halve the **burger buns**.

Open the **pineapple tin** and pour **1 tsp** of **pineapple juice** per person into a medium bowl. Add a drizzle of **oil**, season with **salt** and **pepper**, mix well, then set your **pineapple dressing** aside.



Finishing Touches

Once charred, set aside **1 whole pineapple ring** per person, then cut the rest into chunks.

Once the **burgers** are cooked, carefully place the **cheese** on top of them and pop back into the oven until the **cheese** has melted, 2-3 mins. At the same time, pop the **buns** into the oven to warm through, 2-3 mins.

When the **corn** is ready, remove it from the oven and spread over the **butter**. Season with **salt** and **pepper**.



Make your Burgers

In a large bowl, combine the **garlic**, **Caribbean style Jerk**, **breadcrumbs**, **water** and **salt for the breadcrumbs** (see ingredients for both amounts), then add the **pork mince**. Season with **pepper** and mix together with your hands.

Roll the **mince** into even-sized balls, then shape into 1cm thick **burgers**, 1 per person. **TIP:** *The burgers will shrink a little during cooking.* **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Assemble and Serve

Just before serving, add the **pineapple chunks** and **half the rocket** to the **pineapple dressing**. Toss to coat.

Stack a **cheesy burger** on the **bun bases**, then top with the reserved **pineapple ring** and the remaining **rocket**. Spread the **mayo** on the **bun lid** and **sandwich** together.

Serve your **craft burger** with the **chips**, **buttery corn ribs** and **salad** alongside.

Enjoy!