



Easy Teriyaki-Glazed Pork Burger

with Creamy Slaw & Sesame Fries

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Teriyaki Sauce



Burger Buns



Pear



Spring Onion



Shredded Cabbage Mix



Mayonnaise



Beef Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

We're revamping burger night by giving juicy pork patties a teriyaki glaze, and sprinkling potato fries with sesame seeds to jazz up their flavour. A rainbow slaw with carrot and mayo takes the salad portion of the meal to new heights too.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
mixed sesame seeds	1 medium sachet	1 large sachet
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
teriyaki sauce	1 medium packet	1 large packet
burger buns	2	4
pear	1	2
spring onion	1 stem	2 stems
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4054kJ (969Cal)	593kJ (142Cal)
Protein (g)	47.3g	6.9g
Fat, total (g)	37.2g	5.4g
- saturated (g)	10.9g	1.6g
Carbohydrate (g)	107.4g	15.7g
- sugars (g)	28.9g	4.2g
Sodium (mg)	1677mg	245mg
Dietary Fibre (g)	14.2g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4345kJ (1038Cal)	635kJ (152Cal)
Protein (g)	51.5g	7.5g
Fat, total (g)	41.7g	6.1g
- saturated (g)	13.8g	2g
Carbohydrate (g)	107.4g	15.7g
- sugars (g)	28.9g	4.2g
Sodium (mg)	1656mg	242mg
Dietary fibre	14.2g	2.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW19



1



Bake the sesame fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt**.
- Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

Little cooks: Kids can help sprinkle over the sesame seeds and toss the fries.

3



Bring it all together

- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- Thinly slice **pear** and **spring onion**.
- In a medium bowl, add **shredded cabbage mix**, **pear**, **spring onion** and **mayonnaise**. Toss to combine.

2



Cook the patties

- While the fries are baking, combine **pork mince**, **fine breadcrumbs**, **garlic & herb seasoning** and the **egg** in a large bowl.
- Using damp hands, shape the **pork mixture** into 2cm-thick patties (1 per person).
- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **pork patties** until just cooked through, **5-6 minutes** each side.
- Remove pan from heat, then add **teriyaki sauce** and turn to coat.
Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into patties.

Custom Recipe: If you've swapped to beef mince, follow step as above.

4



Serve up

- Top burger bun bases with some creamy slaw and a teriyaki-glazed pork patty.
- Serve with sesame fries and any remaining slaw. Enjoy!

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