



AUG
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Barbecue Pork Burgers

with Tangy Slaw and Sweet Potato Fries

Our chefs, Freida and Nate, accomplished what no one thought was possible... they managed to sneak in all the flavor of slow-cooked pulled pork without the agonizing and lengthy cooking time. This calls for a family celebration, burger-style.



Prep: 15 min
Total: 35 min



level 1



nut free



Ground Pork



Sweet Potatoes



Red Cabbage



Potato Buns



Carrots



White Wine Vinegar



Red Onions



Garlic



BBQ Sauce




Mayonnaise



Chili Powder

Ingredients

	4 People
Ground Pork	20 oz
Sweet Potatoes	24 oz
Red Cabbage	8 oz
Potato Buns	4
Carrots	2
White Wine Vinegar	4 T
Red Onions	2
Garlic	4 Cloves
BBQ Sauce	4 oz
Mayonnaise	4 T
Chili Powder 	2 t
Sugar*	2 t
Oil*	2 T

*Not Included

Allergens

- 1) Eggs
- 2) Milk
- 3) Wheat
- 4) Soy

Tools

Baking sheet, Peeler, Box Grater, 2 Large bowls, Small pot, Large pan

Nutrition per person Calories: 918 cal | Fat: 36 g | Sat. Fat: 9 g | Protein: 42 g | Carbs: 110 g | Sugar: 33 g | Sodium: 874 mg | Fiber: 12 g

1



1 Make the sweet potato fries: Wash and dry all produce. Preheat the oven to 425 degrees. Cut the **sweet potato** into thin sticks (like French fries). Toss them on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for about 25 minutes, tossing once, until golden brown.

2



2 Prep the remaining ingredients: Mince the **garlic**. Peel and grate the **carrots** with a box grater. Halve, peel, and finely dice the **red onions**. Place $\frac{1}{2}$ **cup diced onion** aside in a large bowl.

3 Make the barbecue sauce: Heat a large drizzle of **oil** in a small pot over medium heat before adding the remaining **onion**. Cook, tossing, for 2-3 minutes, until softened. Add the **chili powder** (start with 1 teaspoon and go up from there) and cook another minute, until fragrant. Add the **BBQ sauce**, **2 teaspoons white wine vinegar**, and $\frac{1}{2}$ **cup water** to the pot. Reduce to a low simmer until ready to use.

4



4 Cook the burgers: Add the **ground pork** and **garlic** to the bowl with the **diced onion**. Season generously with **salt** and **pepper** (we used 1 teaspoon kosher salt). Form into **4 patties**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add the patties to the pan. Cook 4-6 minutes per side, until cooked through.

5 Make the coleslaw: While the **burgers** cook, combine the remaining **vinegar**, **3 Tablespoons mayonnaise**, and **2 teaspoons sugar** in a large bowl. Toss in the **cabbage** and **carrots**. Season with **salt** and **pepper**.

5



6 Finish and plate: Split the **buns** and place in the oven to toast 2-3 minutes. Spread each bun with **barbecue sauce**, top with a **pork burger**, and finish with some of the **coleslaw**. Serve the **sweet potato fries** and remaining coleslaw on the side. Use any extra **barbecue sauce** and **mayonnaise** for dipping the fries. Enjoy!