



# Chermoula Pork Burger

with Caramelised Onion, Slaw & Rainbow Veggie Fries

Grab your Meal Kit with this symbol



Kumara



Parsnip



Carrot



Garlic & Herb Seasoning



Red Onion



Parsley



Shredded Cabbage Mix



Mayonnaise



Garlic



Pork Mince



Chermoula Spice Blend



Fine Breadcrumbs



Butter Burger Buns

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Mix up a pork patty infused with the crowd favourite chermoula spice blend! With tender, caramelised onion to add a touch of sweetness, plus a hearty side of veggie fries, this meal packs flavour in every bite!

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
kumara	1 (medium)	1 (large)
parsnip	1	2
carrot	1	2
garlic & herb seasoning	1 sachet	1 sachet
red onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
parsley	1 bag	1 bag
shredded cabbage mix	1 packet (150g)	1 packet (300g)
mayonnaise	1 packet (100g)	2 packets (200g)
garlic	3 cloves	6 cloves
pork mince	1 packet	1 packet
egg*	1	2
chermoula spice blend	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
butter burger buns	2	4

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4259kJ (1018Cal)	614kJ (147Cal)
Protein (g)	44.5g	6.4g
Fat, total (g)	50.7g	7.3g
- saturated (g)	11.1g	1.6g
Carbohydrate (g)	96.9g	14g
- sugars (g)	31g	4.5g
Sodium (mg)	1622mg	234mg

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



## Bake the veggie fries

Preheat the oven to **240°C/220°C fan-forced**. Peel the **kumara**. Cut the **kumara**, **parsnip** and **carrot** into fries. Place the veggie **fries** on a lined oven tray, drizzle generously with **olive oil** and sprinkle with the **garlic & herb seasoning**. Add a dash of **water** to the pan, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Make the patties

Finely chop the **garlic**. In a large bowl, combine the **garlic**, **pork mince**, **egg**, **chermoula spice blend**, **fine breadcrumbs** and a pinch of **salt** and **pepper**. Shape the **pork mixture** into evenly sized patties slightly larger than the burger buns. You should get 1 patty per person. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).



## Make the caramelised onion

While the veggie fries are baking, thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium, then add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



## Heat the burger buns

While the patties are cooking, bake the **butter burger buns** directly on a wire oven rack until heated through, **3 minutes**.



## Make the slaw

Roughly chop the **parsley** leaves. In a medium bowl, combine the **parsley**, **shredded cabbage mix** and 1/2 the **mayonnaise**. Toss to combine. Season to taste.



## Serve up

Slice the burger buns in half, then spread the bases with the remaining mayonnaise. Top with some slaw, a chermoula pork patty and some caramelised onion. Serve with the veggie fries.

Enjoy!