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Pork & Apple Burgers with Oven Baked Wedges

You know what's cool? Burgers. You know what else is cool? Mixing up a fast food classic with the sophisticated combination of pork, green apple and fennel. You know what's even cooler? Sweet potato chips. In fact, you may as well put on your sunglasses at night right now, because you just became the coolest cat around.

 **Prep:** 15 mins
 **Cook:** 30 mins
 **Total:** 45 mins

 **level 1**

 **nut free**

 **helping hands**

Pantry Items



Olive Oil



Mayonnaise



Sweet Potato



Pork & Fennel Mince



Red Onion



Red Apple



Bake-At-Home
Wholemeal Burger Buns



Rocket

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QTY	Ingredients
800 g	sweet potatoes, unpeeled & cut into wedges
2 tbs	olive oil *
1 packet	pork & fennel mince
1	red onion, finely chopped
1	red apple, grated
5	bake-at-home wholemeal burger buns, left whole
¼ cup	mayonnaise *
1 bag	rocket, washed

- Ingredient features in another recipe
- * Pantry Items
- Pre-preparation

Nutrition per serve		
Energy	3450	Kj
Protein	43.9	g
Fat, total	26.9	g
-saturated	7	g
Carbohydrate	89.8	g
-sugars	24.1	g
Sodium	1320	mg



You will need: *chef's knife, chopping board, grater, oven tray lined with baking paper and a medium frying pan.*

- 1 Preheat the oven to **220°C/200°C** fan-forced.
- 2 Toss the **sweet potato** in half of the **olive oil** and place on the lined oven tray. Season to taste with **salt** and **pepper**. Cook in the oven for **25-30 minutes**, or until tender and golden.
- 3 Meanwhile, to make the pork burger patties combine the **pork & fennel mince**, **red onion** and **red apple**. Season with salt and pepper. Form the mixture into patties (one per person).
- 4 Heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the pork patties and cook for **4-5 minutes** on each side, or until cooked through.
- 5 While the burgers are cooking, pop the **bake-at-home wholemeal burger buns** in to the oven for **5-10 minutes** to warm up. Remove the buns from the oven and cut in half.
- 6 To assemble the burger, spread the **mayonnaise** on the base of each bun. Top with the **rocket**, a pork and apple patty and the wholemeal top. Serve alongside the sweet potato wedges. Enjoy!



Did you know? Apples are actually part of the rose family, just like pears and plums.