



More Than Food
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Pork Satay Burgers with Paprika Sweet Potato Wedges

Satay is usually done with chicken, but we've gone a bit 'out there' and created our very own pork satay burger! When you add in the zinginess of the lime and the creamy crunch of peanuts - you've got yourself a burger that is beyond scrumptious!



35 mins



family box



Sweet Potato
(2)



Paprika (1 tbsp)



Coriander
(5 tbsp)



Lime
(2)



Salted Peanuts
(3 tbsp)



Pork Mince
(600g)



Soy Sauce
(3 tbsp)



Baby Gem
Lettuce (2)



Carrot
(2)



Peanut Butter
(3 tbsp)



Brioche Bun
(4)

Ingredients

4 PEOPLE ALLERGENS

Sweet Potato, chopped	2	
Paprika	1 tbsp	
Coriander, chopped	5 tbsp	
Lime	2	
Salted Peanuts	3 tbsp	Peanut
Pork Mince	600g	
Soy Sauce	3 tbsp	Gluten, Soya
Baby Gem Lettuce, sliced	2	
Carrot, grated	2	
Peanut Butter	3 tbsp	Peanut
Brioche Bun	4	Gluten, Egg, Milk, Soya

🍷 Our fruit and veggies may need a little wash before cooking!

Did you know...

Satay was traditionally skewered on coconut palm pieces!

Nutrition per serving: Calories: 906 kcal | Protein: 48 g | Carbs: 100 g | Fat: 37 g | Saturated Fat: 12 g



1 Pre-heat your oven to 220 degrees. Chop the **sweet potatoes** into wedges roughly the width and length of your index finger. Put them on a baking tray, drizzle over 2 tbsp of **oil**, sprinkle over half the **paprika**, ½ tsp of **salt** and a grind of **pepper**. Make sure everything is evenly coated and put in your oven to cook for 25 mins.



2 Roughly chop the **coriander** (stalks and leaves!) and zest the **limes** with a grater. Roughly chop the **peanuts**. Put the **pork mince** in a bowl and add three quarters of your **coriander** along with your **lime zest**, **chopped peanuts**, the other half of your **paprika**, half the **soy sauce**, ½ tsp of **salt** and a good grind of **pepper**.



3 Combine everything together with your hands and shape into four burgers about 2cm thick. **Tip:** *Don't make them too thick, they will change shape as the proteins tighten up while they are being cooked.*



4 Remove the tough rooty bit off the **lettuce** and cut into roughly 2cm slices. Peel, grate the **carrot** and mix it with the **lettuce**. Mix 2 tbsp of **olive oil** with the juice from one half of one of the **limes** and a pinch of **salt** and **pepper**, whisk together with a fork. **Tip:** *If you're not that keen on lime, use a bit less than specified!* Put most of your **lettuce** and **carrot** into a bowl (reserve a little to put on the burgers!) and throw in your limey dressing. Toss the salad.

5 Put a frying pan on medium heat and add 2 tbsp of **oil**. Add your burgers and cook for 5 mins on each side before adding them to a baking tray. Put the burgers in your oven to carry on cooking for 5 mins while you make the sauce.

6 Put the **peanut butter** in a bowl and add the juice from the other **lime**. Add 2 tbsp of **water**, the rest of the **soy sauce** and the rest of the **coriander** and mix everything together with a fork. **Tip:** *Again, only add as much lime as you like to taste.*

7 Turn your grill to high and cut the **brioche buns** in half. **Tip:** *If your oven and grill aren't separate just move your sweet potato and burgers down a shelf so the top shelf is free for grilling!* Put your **buns** under the grill for a minute or 2 on each side to toast them. **Tip:** *Keep an eye on them, you don't want them to burn!*

8 When everything is ready, spread your **satay sauce** on the bottom half of your **buns**, pop your burgers on top, top with some **lettuce carrot** mixture and pop the bun top on. Serve with a side of sweet **potato wedges** and salad! YUM!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!