



Everything
But The Chef

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Pork & Apple Burgers with Sweet Potato Wedges

You know what's cool? Yeah, that's right – burgers. You know what else is cool? Mixing up a fast food classic with the sophisticated combination of pork, green apple and fennel. Chips are cool. 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 in the neighbourhood.

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

level 2

high fibre

high protein

Pantry Items



Olive Oil Mayonnaise



Sweet Potato



Rosemary



Pork & Fennel Mince



Red Onion



Green Apple



Par-Baked
Sourdough Bun



Rocket

2P	4P	Ingredients
400 g	800 g	sweet potatoes, unpeeled & cut into wedges
1 bunch	2 bunches	rosemary, leaves picked & finely chopped
1 tbs	2 tbs	olive oil *
300 g	600 g	pork & fennel mince
½	1	red onion, finely chopped
½	1	green apple, grated
2	4	par-baked sourdough buns, left whole
1 tbs	2 tbs	mayonnaise *
1 bag	2 bags	rocket, washed

Disclaimer: Sweet potatoes come in all shapes and sizes, we may over supply you but please use the weight stated for this recipe.

⊕

May feature in another recipe

*

Pantry Items

Nutrition per serving

Energy	3180	Kj
Protein	41.8	g
Fat, total	31	g
-saturated	8.4	g
Carbohydrate	69.3	g
-sugars	20.3	g
Sodium	1190	mg

Measuretool

0 cm	1 cm	2 cm



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

- Preheat the oven to **200°C/180°C** fan forced.
- Toss the **sweet potato** and **rosemary** in half of the **olive oil** and place on the baking paper lined oven tray. Season to taste with **salt** and **pepper**. Cook in the oven for **25-30 minutes** or until tender and golden.
- Meanwhile, to make the pork burger patties combine the **pork & fennel mince**, **red onion** and **green apple**. Season to taste with salt and pepper. Form the mixture into patties (one per person).
- 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.
- While the burgers are cooking, pop the **par-baked sourdough buns** in to the oven to warm up slightly (**5 minutes** should be sufficient). Remove the buns from the oven and cut them in half.
- To assemble the burger, spread the **mayonnaise** on the base of each bun. Top with a pork and apple patty, **rocket**, and the sourdough top. Serve alongside the rosemary and sweet potato wedges.



Did you know? Apples are 25% air, which is why they float in water.