



Product Spotlight: Apple

'An apple a day keeps the doctor away' is well-known nutrition advice! Apples help control insulin levels by slowly releasing sugar into the bloodstream. They are also full of vitamins C & A, which will help battle the cold & flu!



Smoky Pork Burgers

with Slaw

Soft burger buns filled with Cajun spiced pork mince, crisp sliced apple and creamy ranch-dressed coleslaw, served with charred corn cobs.



20 minutes



2 servings



Pork

4 August 2023

Make patties!

Grate the apple and combine it with the pork mince and Cajun seasoning. Shape into even-size patties for the burgers!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	63g	37g	69g

FROM YOUR BOX

CORN COB	1
PORK MINCE	500g
FAMILY CAJUN SPICE MIX	1 packet
TOMATO PASTE	2 sachets
GREEN APPLE	1
COLESLAW	1 bag
RANCH DRESSING	1 bottle
HAMBURGER BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

griddle pan, frypan

NOTES

Family Cajun spice mix: ground paprika, garlic powder, dried thyme and celery salt.

For a saucier “sloppy Joe” style burger, stir 1/2 tbsp flour of choice through the pork and an extra 1/4 cup water; this will help thicken the sauce as it simmers.

This recipe includes a larger portion of mince that will make extra serves, use any leftovers on nachos or tossed through pasta!

No gluten option - hamburger buns are replaced with GF burger buns.



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1. COOK THE CORN

Cut corn into cobs and coat with **oil**, **salt and pepper**. Cook on a griddle pan over high heat for 8-10 minutes until charred. Set aside.



2. COOK THE PORK

Heat a frypan over medium-high heat with **oil**. Add pork and Cajun spice mix. Cook for 5 minutes. Stir in tomato paste and **1/2 cup water** (see notes). Simmer for a further 5 minutes. Season to taste with **salt and pepper**.



3. PREPARE THE FILLINGS

Slice apple. Toss coleslaw with 1/2 cup ranch dressing. Set aside.



4. TOAST THE BUNS

Cut buns in half and toast on griddle pan over high heat for 1 minute each side.



5. FINISH AND SERVE

Assemble burgers with Cajun pork, apple and coleslaw. Serve with a side of corn.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

