

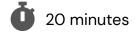




# **Smoky Pork Burgers**

## with Slaw

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





2 servings



# Make patties!

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

PROTEIN TOTAL FAT CARBOHYDRATES 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 cobettes 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.

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