

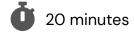




Smoky Pork Burgers

with Slaw

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





4 servings



Pork

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
34g 20g 50g

FROM YOUR BOX

CORN COBS	2
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	4-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.

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

Protein upsize - 500g pork mince. You can add some smoked paprika, tomato or BBQ sauce to boost the flavour!



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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 (in batches) 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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