



Product Spotlight: Ozzie BBQ Spice Mix

The Ozzie BBQ rub from GH Produce features native ingredients, including Tasmanian pepper berry, saltbush,



Spice it up!

Switch the crushed avocado for a guacamole! Add diced shallot and tomatoes, crushed garlic, fresh coriander and some dried chilli flakes!

Smoky BBQ Pork Buns with Crushed Avocado

Pork mince cooked with Ozzie BBQ spice mix to make a delicious, smoky burger filling, served with crushed avocado and lemon-dressed cabbage and apple slaw.



25 minutes



2 servings



Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	84g	66g

FROM YOUR BOX

BROWN ONION	1
PORK MINCE	500g
OZZIE BBQ SPICE MIX	1 packet
CHOPPED TOMATOES	400g
AVOCADO	1
LEMON	1
GREEN CABBAGE	1/4
GREEN APPLE	1
BURGER BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan

NOTES

For a richer sauce you can stir through 1/2 tbsp tomato paste and Worcestershire sauce if you have some at home.

No gluten option – burger buns are replaced with GF buns.



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1. BROWN THE PORK MINCE

Set oven to 180°C (see step 5).

Dice onion. Heat a large frypan over medium-high heat with **oil**. Add onion and pork mince. Cook, using back of a cooking spoon to break up mince, for 5 minutes until browning begins.



2. SIMMER THE PORK MINCE

Add spice mix, chopped tomatoes, **1/2 tin water** and **1 tbsp soy sauce** to the pork mince. Mix to combine. Simmer for 5–8 minutes until reduced (see notes).



3. PREPARE THE AVOCADO

Use the back of a spoon to roughly crush avocado in a bowl. Season to taste with **salt and pepper** (see cover for notes).



4. PREPARE THE FILLING

Add lemon zest and juice to a large bowl along with, **2 tbsp olive oil, salt and pepper**. Whisk to combine. Thinly slice cabbage and cut apple into match sticks (or thinly). Add to bowl and toss to combine.



5. WARM THE BUNS

Cut burger buns in half. Place in oven for 5 minutes until toasted, or cut-side down in a frypan or on a griddle pan over medium-high heat until golden.



6. FINISH AND SERVE

Serve all elements tableside and build burgers.

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**

