

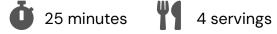




# **Smoky BBQ Pork Buns**

# 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.







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

PROTEIN TOTAL FAT CARBOHYDRATES

### **FROM YOUR BOX**

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





#### 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).



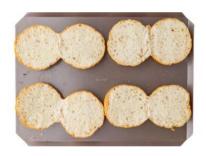
#### 3. PREPARE THE AVOCADO

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, 3 tbsp olive oil, salt and pepper. Whisk to combine. Thinly slice cabbage and cut apple into match stick (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



