

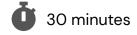




Aloha Pork Burgers

with Jerk Pineapple

Pork mince, smashed with slices of shallot and fresh jalapeño served in burger buns with bright red cabbage, lime and coriander smashed avo and pan-fried jerk pineapple slices.







Spice it down!

Remove the seeds from the jalapeño to reduce the heat level. You can omit the jalapeño from the burger patty and serve to taste as desired.

TOTAL FAT CARBOHYDRATES

61g

62g

FROM YOUR BOX

LIME	1
AVOCADO	1
CORIANDER	1 packet
RED CABBAGE	1/4
JERK SPICE MIX	1 packet
PORK MINCE	500g
SHALLOT	1
JALAPEÑO	1
PINEAPPLE SLICES	1 tin
BURGER BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

KEY UTENSILS

large frypan

NOTES

If you have leftover onion and jalapeño add them fresh to the burger at step 6.

No gluten option - burger buns are replaced with GF burger buns. Prepare according to packet instructions



1. PREPARE BURGER FILLINGS

Zest lime and reserve. Add juice from 1/2 lime to a bowl along with diced avocado, finely chopped coriander and stalks, salt and pepper. Use a fork to smash avocado.

Finely shred cabbage. Add to a bowl along with 2 tbsp vinegar. Toss to coat.



2. PREPARE BURGER PATTIES

Reserve 2 tsp jerk spice mix for step 4, add remaining to a bowl along with pork mince, salt and pepper. Divide into 2 patties. Slice shallot and jalapeño into rings. Press shallot and jalapeño rings into burger patties (see notes)



3. COOK BURGER PATTIES

Add patties for a large frypan over medium-high heat. Use a spatula to press patties into pan. Cook for 2-4 minutes each side until cooked through. Remove to a plate and reserve pan.



4. PAN-FRY THE PINEAPPLE

Drain pineapple. Coat in oil, lime zest (reserve remaining lime) and reserved jerk spice. Add to reserved frypan (add oil if necessary) and cook for 2-4 minutes each side until golden.



5. WARM BURGER BUNS

Optional: Slice buns. Wipe frypan clean. Add buns to pan over medium-high heat until toasted.



6. FINISH AND SERVE

Build burgers with patties, smashed avocado, pickled cabbage, jerk pineapple and coriander leaves. Serve tableside.

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