



Product Spotlight: Ozzie BBQ Spice Mix

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



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, lemon-dressed cabbage and apple slaw.



30 minutes



2 servings



Pork

Spice it up!

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 |
|------------|---------|-----------|---------------|
| Per serve: | 36g | 51g | 61g |

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.

Bulk up this dinner by serving with potato or sweet potato wedges, or grilled corn cobs.

Spice up the burgers with slices of fresh or pickled jalapeño!

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, **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 (see notes).



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