



Product Spotlight: Jalapeño

The jalapeño pepper is believed to have originated in Mexico and was first cultivated by indigenous peoples living in present-day Veracruz as early as 8000 BC.



Aloha Pork Burgers with Jerk Pineapple

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



30 minutes



4 servings



Pork

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	24g	45g

FROM YOUR BOX

LIME	1
AVOCADOS	2
CORIANDER	1 packet
CABBAGE	1/4
JERK SPICE MIX	1 packet
PORK MINCE	500g
SHALLOT	1
JALAPEÑOS	2
PINEAPPLE SLICES	1 tin
BURGER BUNS	4

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 lime to a bowl along with diced **avocados**, finely chopped **coriander** and stalks, **salt and pepper**. Use a fork to smash avocado.

Add **cabbage** 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 4 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, coleslaw, jerk pineapple and coriander leaves. Serve tableside.



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