



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 shredded red cabbage, lime and coriander crushed avocado, and pan-fried jerk pineapple.



30 minutes



4/6 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
	35g	35g	37g

FROM YOUR BOX

	4 PERSON	6 PERSON
LIME	1	2
AVOCADOS	2	3
CORIANDER	1 packet	2 packets
RED CABBAGE	1/4	2 x 1/4
JERK SPICE MIX	1 packet	2 packets
PORK MINCE	500g	2 x 500g
SHALLOT	1	2
JALAPEÑOS	2	2
PINEAPPLE SLICES	1 tin	2 tins
BURGER BUNS	4	8

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.

Jerk Spice mix: cumin, paprika, brown sugar, garlic powder, dried parsley, nutmeg and cinnamon

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



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1. PREPARE BURGER FILLINGS

Zest **lime** and reserve for step 4.

Mash **avocados** with **juice from 1/2 lime**, chopped **coriander stems** and **salt**.

Shred **red cabbage** and toss with **2 tbsp vinegar** to coat.

6P – Zest 1 lime. Mash **avocados** with **juice from 1 lime**.



4. PAN-FRY THE PINEAPPLE

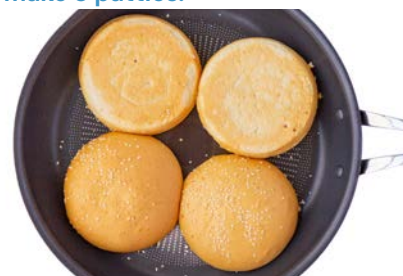
Drain **pineapple**. Coat in **oil**, **reserved lime zest** and **reserved 2 tsp jerk spice**. Add to frypan (add **oil** if necessary) and cook for 2–4 minutes each side until golden.



2. PREPARE BURGER PATTIES

Reserve **2 tsp jerk spice** for step 4. Add **remaining jerk spice** to a bowl with **pork mince**, **salt** and **pepper**. Combine and form **4 patties**. Slice **shallot** and **jalapeño** into rings and press them into the **patties** (see notes).

6P – Reserve 1 tbsp jerk spice for step 4 and make 8 patties.



5. WARM BURGER BUNS

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



3. COOK BURGER PATTIES

Add **patties** for a large frypan (or grill plate) 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.



6. FINISH AND SERVE

Build **burgers** with **patties**, **smashed avocado**, **coleslaw**, **jerk pineapple** and **coriander leaves**. Serve tableside.

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