



Cajun BBQ Pulled Pork Burger

with Spiced Wedges and Charred Corn Slaw

Street Food 40-50 Minutes • Medium Spice • 1 of your 5 a day

34



Potatoes



Slow Cooked
British Pork



Cajun Spice Mix



Sweetcorn



Lime



Mayonnaise



Coleslaw Mix



Burger Buns



BBQ Sauce

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, baking tray, ovenproof dish, aluminium foil, sieve, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Slow Cooked British Pork**	425g	637g	850g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Sweetcorn	160g	255g	340g
Lime**	½	1	1
Mayonnaise 8) 9)	64g	96g	128g
Coleslaw Mix**	120g	180g	240g
Burger Buns 13)	2	3	4
BBQ Sauce	64g	96g	128g
Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	753g	100g
Energy (kJ/kcal)	4894/1170	650/155
Fat (g)	44.3	5.9
Sat. Fat (g)	12.6	1.7
Carbohydrate (g)	118.2	15.7
Sugars (g)	27.4	3.6
Protein (g)	73.9	9.8
Salt (g)	3.41	0.45

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg **9)** Mustard **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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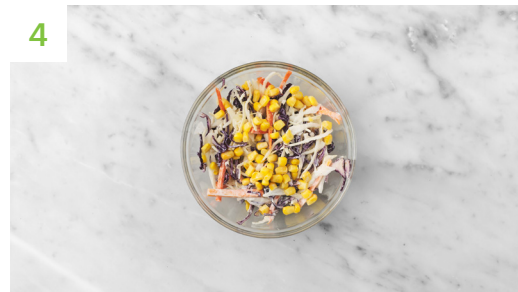
Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over **half** the **Cajun spice mix** and toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Mix the Slaw

In a medium bowl, combine the **mayo** with a squeeze of **lime juice**. Season with **salt** and **pepper**. Mix well.

Taste and add more **salt**, **pepper** and **lime juice** if needed.

Add the **charred corn** and **coleslaw mix** to the bowl and toss to coat. Set aside.



Roast the Pork

Place the **slow cooked pork** and its **juices** into an ovenproof dish.

Sprinkle over the remaining **Cajun spice mix**, cover with foil and roast on the top shelf of your oven until piping hot and tender, 25-30 mins. **IMPORTANT:** Ensure the pork is piping hot throughout.

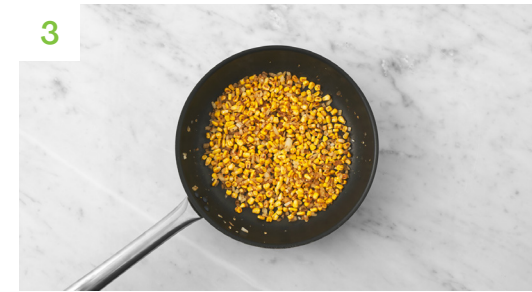


Finishing Touches

When 5 mins of roasting time remain, halve the **burger buns** and pop them into the oven to warm through, 2-3 mins.

Once cooked, remove the **pork** from the oven, then discard the foil and any **cooking juices**. Use two forks to gently break apart the pork.

Mix through the **BBQ sauce** and **ketchup** (see pantry for amount).

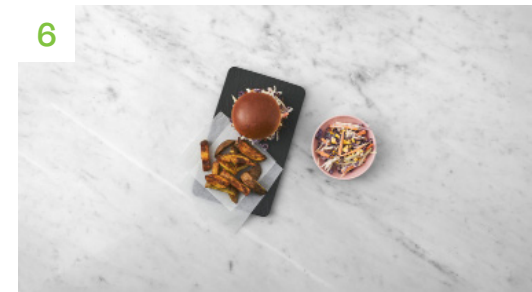


Char your Corn

While everything roasts, drain the **sweetcorn** in a sieve. Halve the **lime**.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Once charred, remove the pan from the heat.



Stack up and Serve

When everything's ready, fill your **burger buns** with the **BBQ pulled pork** and some of the **charred corn slaw**.

Serve with your **wedges** and any remaining **slaw** alongside.

Enjoy!