



Cheesy Gochujang Naked Pork Burger

with Thai Style Spiced Chips and Baby Leaf Salad

26

Calorie Smart

25-30 Minutes • Medium Spice • Under 650 Calories



Potatoes



Thai Style
Spice Blend



Garlic Clove



Breadcrumbs



British Pork Mince



Cider Vinegar



Tomato Puree



Honey



Gochujang Paste



Baby Leaf Mix



Grated Hard
Italian Style Cheese



McCain Home
Chips

Pantry Items

Oil, Salt, Pepper

⚡ Make it Quick

If you chose to make this recipe quicker,
then just follow the instructions
on the back of this card.

Happy cooking!

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

Baking tray, garlic press, bowl, baking tray and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Breadcrumbs 13)	10g	15g	20g
British Pork Mince**	240g	360g	480g
Cider Vinegar 14)	15ml	22ml	30ml
Tomato Puree	30g	45g	60g
Honey	15g	22g	30g
Gochujang Paste 11)	30g	50g	60g
Baby Leaf Mix**	50g	70g	100g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
McCain Home Chips** 13)	400g	800g	800g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	502g	100g	477g	100g
Energy (kJ/kcal)	2669/638	532/127	3805/909	799/191
Fat (g)	29.6	5.9	43.9	9.2
Sat. Fat (g)	11.6	2.3	13.3	2.8
Carbohydrate (g)	62.7	12.5	88.6	18.6
Sugars (g)	14.0	2.8	13.0	2.7
Protein (g)	33.6	6.7	36.9	7.7
Salt (g)	2.47	0.49	3.19	0.67

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

Allergens

3) Sesame **7)** Milk **8)** Egg **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

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.

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Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **Thai style spice blend**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

Make it Quick

If you've chosen the quick version, **oil, spice** and **season** the **chips**, then cook for 20-25 mins instead. Turn halfway through.



Mix the Dressing

While the **burgers** bake, in a medium bowl, combine the **cider vinegar**, a pinch of **sugar** and a drizzle of **oil**.

Season with **salt** and **pepper**. Set aside for now.



Shape your Burgers

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic, breadcrumbs, salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with **pepper** and mix together with your hands. Roll into even-sized balls, then shape into 1cm thick **burgers**, 1 per person. **TIP:** The burgers will shrink a little during cooking. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Get the Gochujang

Meanwhile, when the **burgers** have 5 mins left, pop a small saucepan on medium-high heat with the **tomato puree, honey** and **water for the sauce** (see pantry for amount). **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Bring to a boil, then lower the heat to medium and simmer until thickened, 4-5 mins. Stir in the **gochujang paste** and season with **salt** and **pepper**.

Just before everything's ready, toss the **salad** through the **dressing**. **TIP:** Don't add the leaves too early or they'll go soggy.



Time to Bake

Pop the **burgers** onto a baking tray.

When the **chips** are about halfway through cooking, bake on the middle shelf until cooked through, 12-15 mins. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.



Serve Up

Transfer the **naked burgers** to your plates. Spoon over the **gochujang sauce** (reheat if needed) and sprinkle on the **Italian style cheese**.

Serve the **spiced chips** and **salad** alongside.

Enjoy!