



Indian-Spiced Pork Burgers

with Sweet Potato Wedges and Cilantro-Yogurt Dip

25 Minutes

Customized Protein + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



↻ Swap Ground Beef 250 g 500 g	↻ Swap Beyond Meat 2 4
 Ground Pork 250 g 500 g	 Artisan Bun 2 4
 Fig Spread 2 tbsp 4 tbsp	 Panko Breadcrumbs ¼ cup ½ cup
 Indian Spice Mix 1 tbsp 2 tbsp	 Spring Mix 28 g 56 g
 Yogurt Sauce 90 ml 180 ml	 Cilantro 7 g 14 g
 Sweet Potato 2 4	 Garlic Salt 1 tsp 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, oil, unsalted butter

Cooking utensils | Baking sheet, medium bowl, measuring spoons, 2 large bowls, parchment paper, large non-stick pan

1



Roast sweet potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove 1 tbsp (2 tbsp) butter from fridge. Set aside to come up to room temperature.

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes, half the Indian Spice Mix** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.)
- Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Cook patties

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **patties**. Pan-fry until cooked through, 4-5 min per side.**

2



Prep and make cilantro-yogurt dip

- Meanwhile, finely chop **cilantro**.
- Add **yogurt sauce**, ¼ **tsp** (¼ **tsp**) **Indian Spice Mix** and **half the cilantro** to a medium bowl.
- Season with a **pinch of garlic salt** and **pepper**, then stir to combine.

5



Toast buns

- When **patties** are almost done, halve **buns**.
- Spread **softened butter** onto **buns**.
- Arrange directly on the **top** rack of the oven, cut-side up.
- Toast until golden-brown, 3-4 min. (**TIP:** Keep an eye on them so they don't burn!)

3



Prep patties

Swap | Ground Beef

Swap | Beyond Meat®

- Add **pork, panko, remaining Indian Spice Mix** and **remaining cilantro** to a large bowl.
- Season with **pepper** and ¼ **tsp** (½ **tsp**) **garlic salt**, then combine.
- Form **pork mixture** into 2 equal-sized **patties** (4 patties for 4 ppl).

6



Finish and serve

- Add **spring mix** and 2 **tbsp** (4 **tbsp**) **cilantro yogurt dip** to another large bowl, then toss to coat.
- Layer **fig spread, patties** and **salad** on **bottom buns**. Close with **top buns**.
- Divide **burgers** and **sweet potato wedges** between plates.
- Serve **remaining cilantro yogurt dip** alongside.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Prep patties

Swap | Ground Beef

If you've opted to get **beef**, prep and cook in the same way the recipe instructs you to prep and cook the **pork**.**

3 | Prep patties

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. Save remaining **Indian Spice Mix** and **remaining cilantro** for another use. Cook and plate **Beyond Meat® patties** the same way the recipe instructs you to cook and plate the **pork patties**.**

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.