



Curried Pork Burger Recipe

Preparation Time	10
Cooking Time	20
Serving Size	5

Ingredients:

- 1/4 cup onion, chopped
- 150 g cabbage, chopped
- 350 g pork, ground
- 1 pc egg
- 1 pack DEL MONTE Quick 'n Easy Curry Mix (40g)
- 2 Tbsp oil, for pan-grilling
- 2/3 cup carrot, sliced
- 2 Tbsp bell pepper, green, cut into cubes
- 1/2 cup water
- 1/4 cup milk, evaporated (370ml)
- 3 1/3 Tbsp young corn, sliced
- - salt, to taste
- - pepper, to taste

Preparation:

1. Combine first 4 ingredients and 1 1/2 tablespoon of DEL MONTE Quick n Easy Curry Mix. Mix well. Form every 3 tablespoons of mixture into patties. Pan-grill in oil until cooked on both sides. Set aside.
2. Sauté carrot and bell pepper in remaining oil. Add water. Boil, cover and simmer over low heat for 2 minutes. Add milk and remaining DEL MONTE Quick n Easy Curry Mix and young corn. Season with salt and pepper to taste. Simmer for 2 minutes. Add pork burger. Serve.

Chef's Tip

Chopping the cabbage then adding it into the burger is a good way to include vegetables into your kids' meals. Be sure to use well drained and thoroughly dried cabbage leaves to avoid adding extra moisture into the patties.

Lusog Notes

This recipe is high in Vitamin A which is important for the normal structure and functioning of the skin and other body linings. It also gives you a source of Vitamin B1 that helps the body convert food to energy.

Cooking Skills Needed

- Boiling
- Simmering
- Sautéing

Cooking Tools

- Pot
- Chopping Board
- Measuring Cups
- Spatula

- Grill Pan
- Measuring Spoon

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