

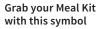
# Italian Beef Burger with Parmesan Fries & Truffle Mayo

GAME NIGHT

NEW

KID FRIENDLY











Sweet Potato

Parmesan Cheese



**Beef Mince** 





Garlic & Herb

Fine Breadcrumbs

Seasoning



Bake-At-Home



Mixed Salad

Leaves

**Burger Buns** 

Italian Truffle Mayonnaise



Prep in: 15-25 mins Ready in: 30-40 mins Getting ready for the big game has never been easier, since we've gone ahead and prepared a stacked lineup of crowd-pleasing burgers inspired by your favourite country's cuisines. Tonight, do it like the Italian's do and pack major flavour into this burger dish, even Nonna will be impressed!

Olive Oil, Egg, Vinegar (White Wine or Balsamić)

#### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper · Large frying pan

#### Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
Parmesan cheese	1 medium packet	1 large packet	
tomato	1	2	
beef mince	1 small packet	2 small packets OR 1 large packet	
fine breadcrumbs	½ packet	1 packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
egg*	1	2	
bake-at-home burger buns	2	4	
mixed salad leaves	1 medium bag	1 large bag	
vinegar* (white wine or balsamic)	drizzle	drizzle	
Italian truffle mayonnaise	1 packet	2 packets	
haloumi**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3988kJ (953Cal)	691kJ (165Cal)
Protein (g)	50.2g	8.7g
Fat, total (g)	45g	7.8g
- saturated (g)	13.6g	2.4g
Carbohydrate (g)	83.2g	14.4g
- sugars (g)	16.9g	2.9g
Sodium (mg)	1111mg	192mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5140kJ (1228Cal)	770kJ (184Cal)
Protein (g)	67.3g	10.1g
Fat, total (g)	67.8g	10.2g
- saturated (g)	28g	4.2g
Carbohydrate (g)	84.4g	12.6g
- sugars (g)	17.9g	2.7g
Sodium (mg)	2146mg	321mg

The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





#### Bake the Parmesan fries

- Preheat oven to 240°C/220°C fan-forced. Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Bake until tender, 20-25 minutes.
- In the last **5 minutes** of cook time, remove from oven, sprinkle with Parmesan cheese and bake until golden and crispy.

TIP: If your oven tray is crowded, divide the fries between two trays.

Custom Recipe: If you've added haloumi, in a medium bowl, add haloumi and cover with water to soak.



# Cook the beef patties

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook beef patties until just cooked through, 4-5 minutes each side (cook in batches if your pan is getting crowded).
- Meanwhile, halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.

Custom Recipe: Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. Before cooking the patties, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi, until golden brown, 1-2 minutes each side. Set aside on a paper towel-lined plate. Continue as above.



# Get prepped

- Meanwhile, slice tomato into thin rounds.
- In a medium bowl, combine beef mince, fine breadcrumbs (see ingredients), garlic & herb seasoning, the egg and a pinch of salt.
- Shape **beef mixture** into evenly sized patties (1 per person) slightly larger than your burger buns.



# Serve up

- In a medium bowl, combine **mixed salad leaves** and a drizzle of
- Spread each burger bun with Italian truffle mayonnaise. Top with beef patty, mixed salad leaves and tomato.
- Serve with Parmesan fries and remaining salad. Enjoy!

Custom Recipe: Add a slice of golden haloumi to each burger.



We need your expertise!

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