



Classic Beef & Avocado Burger

with Mayo & Parmesan Sweet Potato Fries

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Sweet Potato



Parmesan Cheese



Beef Mince



Garlic Paste



Fine Breadcrumbs



Nan's Special Seasoning



Avocado



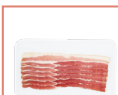
Mixed Salad Leaves



Bake-At-Home Burger Buns



Mayonnaise



Bacon

Prep in: 10-20 mins
Ready in: 30-40 mins

This juicy burger has hints of garlic, paprika and pepper and is sure to hit the spot. Make it in four simple steps and try not to eat all the fancy fries before you plate up.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Parmesan cheese	1 medium packet	1 large packet
beef mince	1 small packet	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
avocado	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
bake-at-home burger buns	2	4
mayonnaise	1 medium packet	2 medium packets
bacon**	1 packet (100g)	2 packets (200g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4321kJ (1033Cal)	714kJ (171Cal)
Protein (g)	51.4g	8.5g
Fat, total (g)	52.1g	8.6g
- saturated (g)	14.9g	2.5g
Carbohydrate (g)	86.2g	14.2g
- sugars (g)	16.6g	2.7g
Sodium (mg)	1262mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4831kJ (1155Cal)	737kJ (176Cal)
Protein (g)	59.9g	9.1g
Fat, total (g)	62g	9.5g
- saturated (g)	18.9g	2.9g
Carbohydrate (g)	86.6g	13.2g
- sugars (g)	16.6g	2.5g
Sodium (mg)	1712mg	261mg

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



1



Bake the sweet potato 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, sprinkle **Parmesan cheese** over fries, then bake until golden and crispy, **5 minutes**.

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

3



Prep the toppings & buns

- Meanwhile, slice **avocado** in half, scoop out flesh and thinly slice. Set aside.
- In a second medium bowl, combine a drizzle of **olive oil** and the **vinegar**. Season, then add **mixed salad leaves**. Toss to coat.
- Halve **bake-at-home burger buns**, then bake directly on a wire oven rack, until heated through, **2-3 minutes**.

2



Cook the patties

- While fries are baking, in a medium bowl, combine **beef mince**, **garlic paste**, **fine breadcrumbs**, **Nan's special seasoning** and the **egg**. Season with **salt** and **pepper**.
- Shape **beef mixture** into 2cm-thick **patties** (1 per person). Transfer to a plate.
- When fries have **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **patties** until just cooked through, **4-5 minutes** each side.

Custom Recipe: If you've added bacon, before cooking the beef patties, heat a large frying pan with a drizzle of olive oil over medium-high heat. Cook bacon, turning, until golden, 4-5 minutes each side. Transfer to a plate. Continue as above.

4



Serve up

- Spread bun bases with **mayonnaise**.
- Top buns with a beef patty, salad and some avocado slices.
- Serve with Parmesan sweet potato fries. Enjoy!

Custom Recipe: Add bacon to the burger and serve as above.

Rate your recipe

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