



# Caribbean Beef & Charred Pineapple Burger

with Potato Fries & Coconut Sweet Chilli Mayo

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Potato



Tomato



Pineapple Slices



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Bake-At-Home Burger Buns



Coconut Sweet Chilli Mayonnaise



Mixed Salad Leaves



Haloumi

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

Tonight, the Caribbean is calling, with juicy pineapple slices and Caribbean-spiced beef bringing tropical flavours that take everything up a notch. Just one bite and you'll be on island time!

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

### Pantry items

Olive Oil, Egg

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
tomato	1	2
pineapple slices	½ tin	1 tin
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
bake-at-home burger buns	2	4
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 small bag	1 medium bag
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4096kJ (979Cal)	540kJ (129Cal)
Protein (g)	47.8g	6.3g
Fat, total (g)	37.7g	5g
- saturated (g)	10.6g	1.4g
Carbohydrate (g)	109.7g	14.5g
- sugars (g)	38.2g	5g
Sodium (mg)	1297mg	171mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5248kJ (1254Cal)	618kJ (148Cal)
Protein (g)	64.9g	7.6g
Fat, total (g)	60.5g	7.1g
- saturated (g)	25g	2.9g
Carbohydrate (g)	110.8g	13.1g
- sugars (g)	39.2g	4.6g
Sodium (mg)	2332mg	275mg

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](https://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 fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **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**.

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

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



## Cook the patties

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **beef patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).

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



## Char the pineapple

- Meanwhile, thinly slice **tomato**.
- Drain **pineapple slices** (see ingredients).
- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side.
- Transfer to a bowl and set aside.



## Heat the burger buns

- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



## Prep the beef patties

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **egg**, **mild Caribbean jerk seasoning** and a pinch of **salt** and **pepper**.
- Shape **beef mixture** into evenly sized patties (1 per person) slightly larger than your burger buns. Transfer to a plate.



## Serve up

- Spread each burger base with **coconut sweet chilli mayonnaise**.
- Top with Caribbean beef patty, charred pineapple, tomato and **mixed salad leaves**.
- Serve with potato fries. Enjoy!

**Custom Recipe:** Top burger with beef patty, haloumi, charred pineapple, tomato and mixed salad leaves.

## Rate your recipe

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