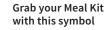


Caribbean Beef & Charred Pineapple Burger

with Potato Fries & Coconut Sweet Chilli Mayo

TAKEAWAY FAVES











Pineapple Slices





Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Bake-At-Home



Coconut Sweet Chilli Mayonnaise

Burger Buns



Mixed Salad Leaves





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!

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

in ign concince			
	2 People	4 People	
olive oil*	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	
egg*	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

Per Serving	Per 100g
4096kJ (979Cal)	540kJ (129Cal)
47.8g	6.3g
37.7g	5g
10.6g	1.4g
109.7g	14.5g
38.2g	5g
1297mg	171mg
	4096kJ (979Cal) 47.8g 37.7g 10.6g 109.7g 38.2g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







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.



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.



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.



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.



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.



Serve up

- Spread each burger base with **coconut sweet** chilli mavonnaise.
- 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.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate