



# Classic Beef & Avocado Burger

with Mayo & Parmesan Sweet Potato Fries

KID FRIENDLY



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



Haloumi

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
<b>olive oil*</b>	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
<b>egg*</b>	1	2
avocado	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
bake-at-home burger buns	2	4
mayonnaise	1 packet (40g)	2 packets (80g)
haloumi**	1 packet	2 packets

\*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)	5473kJ (1308Cal)	787kJ (188Cal)
Protein (g)	68.5g	9.9g
Fat, total (g)	74.8g	10.8g
- saturated (g)	29.3g	4.2g
Carbohydrate (g)	87.4g	12.6g
- sugars (g)	17.6g	2.5g
Sodium (mg)	2297mg	330mg

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



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## 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**, 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.

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

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## 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 **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) slightly larger than your buns. 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:** Drain haloumi and pat dry. Slice haloumi 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.

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## Serve up

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

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

## Rate your recipe

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