



Quick Italian Herby Beef Burger

with Parmesan Sweet Potato Fries & Truffle Mayo

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Parmesan Cheese



Tomato/Kumato



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Bake-At-Home Burger Buns



Mixed Salad Leaves



Italian Truffle Mayonnaise



Haloumi

Prep in: 15-25 mins
Ready in: 30-40 mins

Tonight, do it like the Italian's do and pack major flavour into this burger dish. With some staple herby seasonings and the mother of all cheese's; Parmesan, even Nonna will be impressed with this one!

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
tomato/kumato	1	2
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	½ medium packet	1 medium 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)	17.1g	3g
Sodium (mg)	1113mg	193mg

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)	18g	2.7g
Sodium (mg)	2148mg	322mg

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 Parmesan 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, 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.

3



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.

2



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.

4



Serve up

- In a medium bowl, combine **mixed salad leaves** and a drizzle of the **vinegar**.
- 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 to serve.

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