HELLO FRESH

Caribbean Beef & Charred Pineapple Burger
with Sweet Potato Fries & Coconut Sweet Chilli Mayo

TAKEAWAY FAVES

Sweet 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

C

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
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

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

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**.

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.

2

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.

3

Prep the beef patty

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **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.

4

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 enough oil to coat the base. Cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate.

5

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**.

6

Serve up

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

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

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