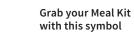


Caribbean Beef & Charred Pineapple Burger

with Sweet Potato Fries & Coconut Sweet Chilli Mayo

TAKEAWAY FAVES













Pineapple Slices



Beef Mince



Fine Breadcrumbs







Bake-At-Home Burger Buns



Coconut Sweet Chilli Mayonnaise



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 \cdot Large frying pan

Ingredients

| in ign danor ide | | | | |
|----------------------------------|-------------------|--------------------------------------|--|--|
| | 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.



Scan here if you have any questions or concerns





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.



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 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.



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.



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 bun with coconut sweet chilli mavonnaise.
- 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.

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