



Easy 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



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Bake-At-Home Burger Buns



Mixed Salad Leaves



Italian Truffle Mayonnaise



Cheddar Cheese

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, even Nonna will be impressed! With a herby beef patty and a creamy slathering of our top secret Italian truffle mayonnaise, you'll be remaking this one over and over again.

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	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
Cheddar cheese**	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)	13.7g	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)	4332kJ (1035Cal)	725kJ (173Cal)
Protein (g)	55.1g	9.2g
Fat, total (g)	52g	8.7g
- saturated (g)	17.9g	3g
Carbohydrate (g)	83.4g	14g
- sugars (g)	17.3g	2.9g
Sodium (mg)	1257mg	210mg

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 fries 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.

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: If you've added Cheddar cheese, cook beef patties until just cooked through, 4-5 minutes on one side (cook in batches if your pan is getting crowded). Flip patties, then sprinkle each patty with Cheddar cheese. Cover with a lid or foil, until melted, 4-5 minutes.

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 **vinegar**.
- Spread each burger bun with **Italian truffle mayonnaise**. Top with a beef patty, mixed salad leaves and tomato.
- Serve with Parmesan sweet potato fries and remaining salad. Enjoy!

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