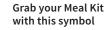


# Caribbean Beef & Charred Pineapple Burger

with Sweet Potato Fries & Coconut Sweet Chilli Mayo

TAKEAWAY FAVES







Sweet Potato





**Brown Onion** 





Pineapple Slices





Fine Breadcrumbs

**Beef Mince** 



Mild Caribbean



Jerk Seasoning

Coconut Sweet



Chilli Mayonnaise



**Burger Buns** 

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 · Large frying pan

## Ingredients

| ingi edients   |                 |                                      |  |
|--|-----------------|--------------------------------------|--|
|  | 2 People        | 4 People                             |  |
| olive oil*   | refer to method | refer to method                      |  |
| sweet potato   | 2               | 4                                    |  |
| tomato   | 1               | 2                                    |  |
| brown onion  | 1/2             | 1                                    |  |
| pineapple slices   | ½ tin           | 1 tin                                |  |
| beef mince   | 1 small packet  | 2 small packets<br>OR 1 large packet |  |
| fine breadcrumbs   | 1 medium packet | 1 large packet                       |  |
| egg*   | 1               | 2                                    |  |
| mild Caribbean<br>jerk seasoning   | 1 medium sachet | 1 large sachet                       |  |
| bake-at-home<br>burger buns  | 2               | 4                                    |  |
| coconut sweet chilli mayonnaise  | 1 medium packet | 1 large packet                       |  |
| mixed salad<br>leaves  | 1 small packet  | 1 medium packet                      |  |
| haloumi**  | 1 packet        | 2 packets                            |  |
| The state of the s |                 |                                      |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

| Avg Qty          | Per Serving     | Per 100g              |
|------------------|-----------------|-----------------------|
| Energy (kJ)      | 4096kJ (979Cal) | <b>540kJ</b> (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)      | <b>5248kJ</b> (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.

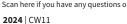
## Allergens

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.

#### We're here to help!

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 and brown onion (see ingredients).
- 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). Transfer patties to a paper towel-lined plate.
- Return pan to medium-high heat with a drizzle of olive oil. Cook onion, stirring regularly, until softened, 5-6 minutes.

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 with enough olive oil to coat the base over medium-high heat. 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 mayonnaise.
- · Top with Caribbean beef patty, charred pineapple, satutéed onions, 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.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

