



# Cheesy Beef & Creamy Pesto Burger

with Sweet Potato Fries & Caramelised Onions

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Beef Mince



Fine Breadcrumbs



Tomato & Herb Seasoning



Cheddar Cheese



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Mixed Salad Leaves



Haloumi

Prep in: 20-30 mins  
Ready in: 30-40 mins

Dripping in creamy pesto goodness, this cheesy beef burger is so finger licking good. With the additions of caramelised onions and roasted sweet potato fries, you really won't need cutlery for this one.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
tomato & herb seasoning	1 medium sachet	2 medium sachets
Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
creamy pesto dressing	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4161kJ (995Cal)	669kJ (160Cal)
Protein (g)	52.2g	8.4g
Fat, total (g)	44.6g	7.2g
- saturated (g)	15g	2.4g
Carbohydrate (g)	92.1g	14.8g
- sugars (g)	23.5g	3.8g
Sodium (mg)	1594mg	256mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5313kJ (1270Cal)	746kJ (178Cal)
Protein (g)	68.9g	9.7g
Fat, total (g)	65.5g	9.2g
- saturated (g)	29.5g	4.1g
Carbohydrate (g)	93.3g	13.1g
- sugars (g)	24.6g	3.5g
Sodium (mg)	2755mg	387mg

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](https://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 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 fries between two trays.

**Custom Recipe:** If you've added haloumi, place add haloumi in a medium bowl and cover with water to soak.

4



## Cook the patties

- Wash out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **beef patties** until almost cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).

**Custom Recipe:** Before cooking the beef patties, in a large frying pan, heat 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. Continue as above.

2



## Caramelize the onions

- Thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring regularly until softened, **5-6 minutes**. Reduce heat to medium.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

5



## Melt the cheese & heat buns

- Transfer **beef patties** to a second lined oven tray. Sprinkle over **Cheddar cheese**. Bake until patties are cooked through and cheese is melted, **3-4 minutes**.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

3



## Get prepped

- Meanwhile, in a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **egg**, **tomato & herb seasoning** and a pinch of **salt**.
- Shape **beef mixture** into evenly sized patties (1 per person) slightly larger than your burger buns. Transfer to a plate.

**Custom Recipe:** Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person.

6



## Serve up

- Spread each burger bun with **creamy pesto dressing**. Top with a cheesy beef patty, caramelised onions and **mixed salad leaves**.
- Serve with fries. Enjoy!

**Custom Recipe:** Add haloumi to the burger to serve.

## Rate your recipe

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