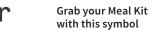


# Caribbean Beef & Charred Pineapple Burger

with Sweet Potato Fries & Coconut Sweet Chilli Mayo

TAKEAWAY FAVES











**Brown Onion** 





Pineapple Slices







Mild Caribbean Jerk Seasoning



Bake-At-Home

**Burger Buns** 

Fine Breadcrumbs



Coconut Sweet Chilli Mayonnaise



Leaves





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

## Ingradients

ingledients			
	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 medium packet	2 medium 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 medium packet	1 large packet	
mixed salad leaves	1 small packet	1 medium packet	
Cheddar cheese**	1 medium packet	1 large packet	

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

#### **Nutrition**

Per Serving	Per 100g
4096kJ (979Cal)	540kJ (129Cal)
47.8g	6.3g
37.7g	5g
10.6g	1.4g
109.7g	14.5g
38.2g	5g
1297mg	171mg
	4096kJ (979Cal) 47.8g 37.7g 10.6g 109.7g 38.2g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4440kJ (1061Cal)	570kJ (136Cal)
Protein (g)	52.7g	6.8g
Fat, total (g)	44.8g	5.8g
- saturated (g)	14.9g	1.9g
Carbohydrate (g)	109.9g	14.1g
- sugars (g)	38.4g	4.9g
Sodium (mg)	1441mg	185mg

The quantities provided above are averages only.

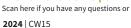
# Allergens

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.



# 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 patties

- 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: If you've added Cheddar cheese, sprinkle Cheddar cheese over patties and cover with a lid (or foil) so cheese melts.



# 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 a Caribbean beef patty, charred pineapple, some sautéed onions, tomato and mixed salad leaves.
- · Serve with sweet potato fries. Enjoy!

**Custom Recipe:** Top buns with a cheesy Caribbean beef patty, charred pineapple, sautéed onions, tomato and mixed salad leaves.



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