



Caribbean Beef & Charred Pineapple Burger

with Sweet Potato Fries & Coconut Sweet Chilli Mayo

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Brown Onion



Pineapple Slices



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Bake-At-Home Burger Buns



Coconut Sweet Chilli Mayonnaise



Mixed Salad Leaves



Cheddar Cheese

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!

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
tomato	1	2
brown onion	½	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

*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)	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.

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.



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 mayonnaise**.
- 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.

Rate your recipe

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