



# Juicy Double Beef Cheeseburger & Tomato Relish with Sweet Potato Fries & Garlic Aioli

SKILL UP

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Brown Onion



Chilli Flakes (Optional)



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Cheddar Cheese



Bake-At-Home Burger Buns



Garlic Aioli



Mixed Salad Leaves



Cheddar Cheese

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

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. By making double the patties and smashing them flat in the pan, you get a golden crust while still locking in all of the juices. Paired with a DIY tomato chilli jam, you'll have the most flavoursome burgers in the 'hood!

**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

Oven tray lined with baking paper · Large frying pan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
tomato	1	2
brown onion	½	1
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
beef mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
fine breadcrumbs	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
garlic aioli	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)	4440kJ (1061Cal)	658kJ (157Cal)
Protein (g)	52.4g	7.8g
Fat, total (g)	51.2g	7.6g
- saturated (g)	15.5g	2.3g
Carbohydrate (g)	94.3g	14g
- sugars (g)	25.1g	3.7g
Sodium (mg)	1166mg	173mg
Dietary Fibre (g)	14.1g	2.1g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4784kJ (1143Cal)	689kJ (165Cal)
Protein (g)	57.2g	8.2g
Fat, total (g)	58.2g	8.4g
- saturated (g)	19.7g	2.8g
Carbohydrate (g)	94.5g	13.6g
- sugars (g)	25.3g	3.6g
Sodium (mg)	1310mg	189mg
Dietary Fibre	14.2g	2g

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.

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 **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

4



## Cook the beef patties

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Place **2 balls** into the pan, smashing down with a spatula, until roughly 1cm thick. Cook in batches until just cooked through, **3-4 minutes** each side.
- In the last **1-2 minutes** of cook time, sprinkle **Cheddar cheese** over patties and cover with a lid or foil so cheese melts.

**Custom Recipe:** If you've doubled your Cheddar cheese, sprinkle extra Cheddar over beef patties as above.

2



## Make the tomato chilli relish

- Meanwhile, roughly chop **tomato**.
- Thinly slice **brown onion** (see ingredients).
- 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 **tomato**, the **balsamic vinegar**, **brown sugar**, a pinch of **chilli flakes** (if using) and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

**TIP:** Some like it hot, but if you don't just hold back on the chilli flakes.

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## Bake the burger buns

- While patties are cooking, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

3



## Make the smashed beef patties

- In a medium bowl, combine **beef mince**, **Aussie spice blend**, the **egg**, **fine breadcrumbs** and a pinch of **salt** and **pepper**.
- Shape **beef mixture** into 4 rough balls (2 per person).

6



## Serve up

- Spread half the **garlic aioli** over bun bases. Top with smashed beef patties (2 per burger), tomato relish and **mixed salad leaves**.
- Serve with fries and remaining garlic aioli. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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