



# Aussie Beef Cheeseburger & The Lot

with Herby Fries

COSY COMFORTS

KID FRIENDLY

Grab your Meal Kit with this symbol



**THE GARFIELD MOVIE**

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!  
Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.



Potato



Tomato



Beef Mince



Fine Breadcrumbs



Bake-At-Home Burger Buns



Tomato Relish



Pork Mince



Garlic & Herb Seasoning



Brown Onion



Aussie Spice Blend



Cheddar Cheese



Burger Sauce



Mixed Salad Leaves

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Prep in: 25-35 mins  
Ready in: 35-45 mins

Nothing is truly better than a burger packed with the lot. If the additions of onion, tomato and egg aren't enough, you'll also have not one but two oozy sauces that pair perfectly with the Aussie-spiced beef.

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

### Pantry items

Olive Oil, Eggs

## 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 · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
brown onion	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
<b>eggs*</b>	3	6
Cheddar cheese	1 medium packet	1 large packet
bake-at-home burger buns	2	4
burger sauce	1 medium packet	1 medium packet
tomato relish	1 medium packet	2 medium packets
mixed salad leaves	1 small packet	1 medium packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3928kJ (938Cal)	593kJ (141Cal)
Protein (g)	50g	7.6g
Fat, total (g)	37.6g	5.7g
- saturated (g)	13.7g	2.1g
Carbohydrate (g)	94.9g	14.3g
- sugars (g)	22g	3.3g
Sodium (mg)	1707mg	258mg
Dietary Fibre (g)	15.1g	2.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3901kJ (932Cal)	589kJ (140Cal)
Protein (g)	46.5g	7g
Fat, total (g)	38.5g	5.8g
- saturated (g)	13.2g	2g
Carbohydrate (g)	94.9g	14.3g
- sugars (g)	22g	3.3g
Sodium (mg)	1706mg	258mg
Dietary Fibre	15.1g	2.3g

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.



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil** and sprinkle with **garlic & herb seasoning**.
- Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



## 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.
- In the **last 1-2 minutes** of cook time, sprinkle **Cheddar cheese** over **patties** and cover with a lid (or foil) so the **cheese** melts.



## Get prepped

- While fries are baking, thinly slice **tomato** into rounds. Thinly slice **brown onion**.
- In a medium bowl, combine **beef mince**, **Aussie spice blend**, **fine breadcrumbs** (see ingredients), the **egg** (1 egg for 2 people / 2 eggs for 4 people) and a pinch of **salt** and **pepper**.
- Using damp hands, shape **beef mixture** into 2cm-thick patties (1 per person).

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into patties!

**Custom Recipe:** If you've swapped to pork mince, prepare and cook pork in the same way as beef.



## Fry the eggs

- While the patties are cooking, heat a medium frying pan over high heat with a drizzle of **olive oil**. When oil is hot, crack remaining **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**. Season.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



## Cook the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until tender, **4-5 minutes**.
- Transfer to a bowl and set aside.



## Serve up

- Spread burger bun with some **burger sauce**, then top with **tomato relish**.
- Top each bun with **mixed salad leaves**, tomato, a cheesy beef patty, onion and a fried egg.
- Serve with fries and any remaining burger sauce. Enjoy!

**Little cooks:** Take the lead and help build the burgers! Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW22

