



Cheesy Beef & Creamy Pesto Burger

with Sweet Potato Fries & Caramelised Onions

TAKEAWAY FAVES

Grab your meal kit with this number

3



Sweet Potato



Brown Onion



Beef Mince



Fine Breadcrumbs



Tomato & Herb Seasoning



Cheddar Cheese



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Spinach & Rocket Mix



Diced Bacon



Pork Mince

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.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
tomato & herb seasoning	1 sachet	2 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
spinach & rocket mix	½ medium packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4180kJ (999cal)	402kJ (96cal)
Protein (g)	52.6g	5.1g
Fat, total (g)	44.9g	4.3g
- saturated (g)	15.1g	1.5g
Carbohydrate (g)	92.2g	8.9g
- sugars (g)	23.5g	2.3g
Sodium (mg)	1598mg	153.7mg
Dietary Fibre (g)	14.5g	1.4g

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.



Bake the 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.



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.



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.



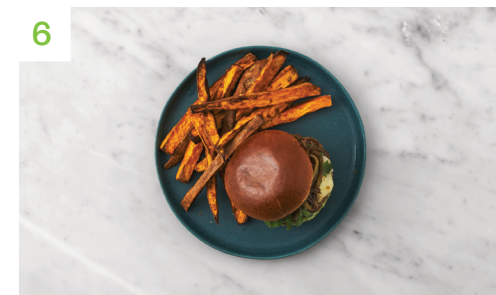
Cook the patties

- 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).
- 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**.



Heat the 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 **creamy pesto dressing**. Top with a cheesy beef patty, caramelised onions and **spinach & rocket mix** (see ingredients).
- Serve with sweet potato fries. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with the onions, breaking up diced bacon with a spoon, until browned.

↻ SWAP TO PORK MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

