



# Caribbean Beef & Charred Pineapple Burger

with Sweet Potato Fries & Coconut Sweet Chilli Mayo

TAKEAWAY FAVES

Grab your meal kit with this number

3



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



Haloumi



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!

### Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

## 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
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
<b>egg*</b>	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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4101kJ (980cal)	321kJ (77cal)
Protein (g)	47.7g	3.7g
Fat, total (g)	37.9g	3g
- saturated (g)	10.7g	0.8g
Carbohydrate (g)	109.7g	8.6g
- sugars (g)	38.2g	3g
Sodium (mg)	1297mg	101.5mg
Dietary Fibre (g)	15g	1.2g

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.

## We're here to help!

Scan here if you have any questions or concerns

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## 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.



## 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 patty

- 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**.



## Heat the burger buns

- While the patties are cooking, 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, sautéed onions, tomato and **mixed salad leaves**.
- Serve with sweet potato fries. Enjoy!

### CUSTOM OPTIONS



#### ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side. Add a slice to the burger to serve.



#### ADD CHEDDAR CHEESE

Sprinkle over buns before warming.

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

