

TAKEAWAY FAVES



3 Grab your meal kit with this number





Sweet Potato





Beef Mince

Fine Breadcrumbs





Tomato & Herb Seasoning

Cheddar Cheese



Bake-At-Home



Burger Buns

Creamy Pesto Dressing



Spinach & Rocket







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

9			
	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)	4189kJ (1001cal)	403kJ (96cal)
Protein (g)	52.5g	5g
Fat, total (g)	45.1g	4.3g
- saturated (g)	15.2g	1.5g
Carbohydrate (g)	92.2g	8.9g
- sugars (g)	23.5g	2.3g
Sodium (mg)	1597mg	153.6mg
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 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.



Caramelise 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, then 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.

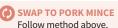


Serve up

- Spread each burger base with creamy pesto dressing. Top with a cheesy beef patty, caramelised onions and spinach & rocket mix (see ingredients).
- · Serve with sweet potato fries. Enjoy!









with a spoon.

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

