

Classic Beef & Avocado Burger

with Mayo & Parmesan Sweet Potato Fries

HELLOHERO

KID FRIENDLY

Grab your meal kit
with this number

13



Sweet Potato



Parmesan Cheese



Beef Mince



Garlic Paste



Fine Breadcrumbs



Nan's Special
Seasoning



Avocado



Mixed Salad
Leaves



Bake-At-Home
Burger Buns



Mayonnaise



Haloumi



Cheddar
Cheese

Prep in: 10-20 mins
Ready in: 30-40 mins

This juicy burger has hints of garlic, paprika and pepper and is sure to hit the spot. Make it in four simple steps and try not to eat all the fancy fries before you plate up.

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

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 |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| sweet potato | 2 | 4 |
| Parmesan cheese | 1 medium packet | 1 large packet |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet |
| garlic paste | 1 packet | 2 packets |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| Nan's special seasoning | 1 medium sachet | 1 large sachet |
| egg* | 1 | 2 |
| avocado | 1 | 2 |
| vinegar* (white wine or balsamic) | drizzle | drizzle |
| mixed salad leaves | 1 small packet | 1 medium packet |
| bake-at-home burger buns | 2 | 4 |
| mayonnaise | 1 medium packet | 2 medium packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 4324kJ (716cal) | 716kJ (119cal) |
| Protein (g) | 50.4g | 8.3g |
| Fat, total (g) | 52.9g | 8.8g |
| - saturated (g) | 15.4g | 2.5g |
| Carbohydrate (g) | 85.2g | 14.1g |
| - sugars (g) | 16.2g | 2.7g |
| Sodium (mg) | 1113mg | 184.3mg |
| Dietary Fibre (g) | 17.3g | 2.9g |

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, sprinkle **Parmesan cheese** over fries, then bake until golden and crispy, **5 minutes**.

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

3



Prep the toppings & buns

- Meanwhile, slice **avocado** in half, scoop out flesh and thinly slice. Set aside.
- In a second medium bowl, combine a drizzle of **olive oil** and the **vinegar**. Season to taste, then add **mixed salad leaves**. Toss to coat.
- Halve **bake-at-home burger buns**, then bake directly on a wire oven rack, until heated through, **2-3 minutes**.

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 CHEDDAR CHEESE

Sprinkle over buns before warming.

2



Cook the patties

- While the fries are baking, in a medium bowl, combine **beef mince**, **garlic paste**, **fine breadcrumbs**, **Nan's special seasoning** and the **egg**. Season with **salt** and **pepper**.
- Shape **beef mixture** into 2cm-thick patties (1 per person). Transfer to a plate.
- When the fries have **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **patties** until just cooked through, **4-5 minutes** each side.

4



Serve up

- Spread bun bases with **mayonnaise**.
- Top with a beef patty, salad and avocado.
- Serve with Parmesan sweet potato fries. Enjoy!

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

