



# Aussie Milk Bar Beef Cheeseburger

with The Lot & Fries

TAKEAWAY FAVES

KID FRIENDLY

Grab your meal kit with this number

3



Potato



Tomato



Brown Onion



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Cheddar Cheese



Bake-At-Home Burger Buns



Burger Sauce



Mixed Salad Leaves



Pork Mince



Diced Bacon

### Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

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.

### Pantry items

Olive Oil, Eggs

## 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 · Two large frying pans with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
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	2 medium packets
mixed salad leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3892kJ (930cal)	591kJ (90cal)
Protein (g)	49.3g	7.5g
Fat, total (g)	38g	5.8g
- saturated (g)	13.8g	2.1g
Carbohydrate (g)	92.7g	14.1g
- sugars (g)	21.3g	3.2g
Sodium (mg)	1413mg	214.7mg
Dietary Fibre (g)	15.2g	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**.
- 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), one **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, shape **beef mixture** into 2cm-sized patties (1 per person).

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



## Fry the eggs

- While the patties are cooking, heat a second large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, crack the remaining **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**. Season to taste.
- 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.



## Finish & serve

- Spread burger bases with some **burger sauce**.
- Top 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!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



**CUSTOM OPTIONS**

**↻ SWAP TO PORK MINCE**  
Follow method above.

**+ ADD DICED BACON**  
Cook with the onion, until browned, 4-5 minutes. Continue with recipe.

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

