

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



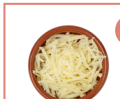
Mixed Salad Leaves



Bake-At-Home Burger Buns



Mayonnaise



Cheddar Cheese



Haloumi

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 (1034cal)	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

2025 | CW03



1



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**.
- 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 wire oven rack, until heated through, **2-3 minutes**.

2



Cook the patties

- While 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



Finish & serve

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

CUSTOM OPTIONS

+ **ADD CHEDDAR CHEESE**
Sprinkle over buns before warming.

+ **ADD HALOUMI**
Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

