



Dinner - Beef & Bacon Burger  
 Lunch - Hoisin-Glazed Patties with Sesame Brown Rice

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Beef Mince
-  Fine Breadcrumbs
-  Hoisin Sauce
-  Bacon
-  Bake-At-Home Burger Buns
-  Tomato
-  Smokey Aioli
-  BBQ Sauce
-  Cos Lettuce

For your lunch

-  Snow Peas
-  Baby Spinach Leaves
-  Microwaveable Brown Rice
-  Black Sesame Seeds

**DINNER**  
 Hands-on: 40-50 mins  
 Ready in: 45-55 mins  
**LUNCH**  
 Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Enjoy a beef and bacon burger for dinner, then prep a brown rice and veggie mix with hoisin beef for lunch. It's two meals with the effort of just one! Extra delicious!

**Pantry items**  
 Olive Oil, Egg, Soy Sauce, Honey, White Wine Vinegar, Sesame Oil (optional)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
beef mince	1 medium packet	1 medium & 1 small packet
egg*	1	2
fine breadcrumbs	1 packet	1½ packets
soy sauce*	2 tbs	2½ tbs
honey*	1 tbs	1 tbs
hoisin sauce	1 sachet (75g)	1 sachet (75g)
bacon	1 packet	2 packets
bake-at-home burger buns	2	4
tomato	1	2
smokey aioli	1 tub (50g)	1 tub (100g)
BBQ sauce	1 tub (40g)	2 tubs (80g)
cos lettuce	1 bag	2 bags
snow peas	1 bag (100g)	1 bag (100g)
baby spinach leaves	1 bag (30g)	1 bag (30g)
white wine vinegar*	drizzle	drizzle
microwavable brown rice	1 packet	1 packet
black sesame seeds	1 sachet	1 sachet
sesame oil* (optional)	1 tsp	1 tsp

\*Pantry Items

## Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	4060kJ (971Cal)	576kJ (138Cal)
Protein (g)	45.9g	6.5g
Fat, total (g)	44.6g	6.3g
- saturated (g)	12.3g	1.8g
Carbohydrate (g)	91.3g	12.9g
- sugars (g)	33.3g	4.7g
Sodium (mg)	1820mg	259mg
Lunch	Per Serving	Per 100g
Energy (kJ)	3320kJ (793Cal)	900kJ (215Cal)
Protein (g)	39.1g	10.6g
Fat, total (g)	17.9g	4.8g
- saturated (g)	4.4g	1.2g
Carbohydrate (g)	114g	30.9g
- sugars (g)	17.6g	4.8g
Sodium (mg)	1130mg	306mg

## 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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2020 | CW47



## Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to size so it cooks in time.



## Heat the buns

While the burgers are cooking, place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**. Thinly slice the **tomato**. Wipe out the frying pan and return to a medium heat. Add the **honey-hoisin mixture** and the **quartered burger pieces** to the frying pan. Cook, turning to coat, for **1 minute**. Remove from the heat and set aside until you're ready to prepare lunch.



## Make the patties

While the wedges are roasting, combine the **beef mince**, **egg**, **fine breadcrumbs** (see ingredients) and **soy sauce** (1 tbs for 2 people / 1 1/2 tbs for 4 people) in a medium bowl. Using damp hands, form into 2cm-thick patties slightly larger than your buns (4 patties for 2 people / 6 patties for 4 people). In a small bowl, combine the **honey**, **hoisin sauce** and 1 tbs **soy sauce**. Set aside.



## Serve up dinner

Slice the **burger buns** in half and spread the bases with some of the **smokey aioli**. Spread the **BBQ sauce** over the whole **burger patties** and place on the bun bases. Top with the **bacon**, **tomato** and a few **cos lettuce leaves**. Serve with **sweet potato wedges** and the remaining **smokey aioli** on the side. Roughly chop any remaining **cos lettuce** and serve drizzled with a little **olive oil** and **white wine vinegar**.



## Cook the burgers

Heat a large frying pan over a medium-high heat with a small drizzle of **olive oil**. Add the **bacon** and cook until golden and crisp, **3-4 minutes** each side. Transfer to a plate lined with paper towel. Return the pan to a medium-high heat with a drizzle more **olive oil**, if needed. Cook the **patties** until cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate. Slice 2 of the cooked **patties** into quarters (these will become your lunch!).



## Prepare your lunch

When you're ready to pack your lunch, trim and roughly chop the **snow peas**. Roughly chop the **baby spinach leaves**. In a medium bowl, combine the **microwavable brown rice** (no need to heat it!), **snow peas**, **spinach** and **black sesame seeds**, **sesame oil** (if using), then season with **salt** and **pepper**. Toss to combine, then divide between two microwave-safe containers. Top with the **hoisin-glazed patties**, plus any leftover **glaze** from the pan. Refrigerate. At lunchtime, microwave until heated through, **2-3 minutes**.

Enjoy!