



Dinner - Beef & Bacon Burger

Lunch - Hoisin-Glazed Patties with Sesame Rice

DINNER 2 LUNCH



Grab your Meal Kit with this symbol



Sweet Potato



Beef Mince



Fine Breadcrumbs



Hoisin Sauce



Bacon



Tomato



Bake-At-Home Burger Buns



BBQ Sauce



Garlic Aioli



Baby Cos Lettuce

For your lunch



Pea Pods



Microwavable Basmati Rice



Baby Spinach Leaves



Black Sesame Seeds

Prep in: 40-50 mins
Ready in: 45-55 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 pack up a basmati rice and veggie mix topped with hoisin beef for lunch the next day. It's two meals with the effort of just one!

Pantry items

Olive Oil, Egg, Soy Sauce, Honey

Before you start

Wash your hands and any fresh food.

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
beef mince	1 large packet	1 large & 1 small packet
egg*	1	2
fine breadcrumbs	1 packet	1 ½ packets
soy sauce*	2 tbs	2 ½ tbs
honey*	1 tbs	1 tbs
hoisin sauce	1 sachet	1 sachet
bacon	1 packet (100g)	2 packets (200g)
tomato	1	2
bake-at-home burger buns	2	4
BBQ sauce	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
baby cos lettuce	1 bag	2 bags
pea pods	1 small bag	1 small bag
microwavable basmati rice	1 packet	1 packet
baby spinach leaves	1 small bag	1 small bag
black sesame seeds	1 large sachet	1 large sachet

*Pantry Items

Nutrition

Dinner		
Avg Qty	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 (g)	1820mg	259mg

Lunch		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3330kJ (795Cal)	902kJ (216Cal)
Protein (g)	37.5g	10.2g
Fat, total (g)	15.2g	4.1g
- saturated (g)	4.4g	1.2g
Carbohydrate (g)	122g	33.1g
- sugars (g)	18.1g	4.9g
Sodium (mg)	1130mg	306mg

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



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

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



Bake the buns

- Thinly slice **tomato**.
- While patties are cooking, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- Wipe out frying pan and return to medium heat. Add **honey-hoisin mixture** and leftover lunch **burger patties** to frying pan. Cook, turning to coat, **1 minute**. Set aside.



Make the patties

- Meanwhile, in a medium bowl, combine **beef mince**, the **egg**, **fine breadcrumbs** (see ingredients) and half the **soy sauce**.
- Shape **beef mixture** into 2cm-thick patties (4 patties for 2 people / 6 patties for 4 people).
- In a small bowl, combine the **honey**, **hoisin sauce** and remaining **soy sauce**. Set aside.



Serve up dinner

- Spread each **burger bun** with **BBQ sauce** and half the **garlic aioli**.
- Top with **beef patties**, **bacon**, **baby cos lettuce leaves** and **tomato**.
- Serve with **sweet potato wedges** and remaining **aioli**.



Cook the burgers

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **bacon**, turning, until golden, **4-5 minutes**. Set aside.
- Return pan to medium-high heat with a drizzle of **olive oil**.
- Cook **beef patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate.
- Set aside 2 of the **cooked patties** (these will become your lunch!)



Make lunch

- When you're ready to pack lunch, trim and roughly chop **pea pods**.
- In a medium bowl, combine **microwavable basmati rice**, **baby spinach leaves**, **pea pods**, **black sesame seeds** and a drizzle of **olive oil**. Toss to combine and season to taste.
- Divide between two microwave-safe containers. Top with hoisin-glazed patties. Refrigerate.
- At lunchtime, microwave until heated through, **2-3 minutes**. Enjoy!

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