

Dinner - Beef Burger with Baconnaisse & Spiced Chips
 Lunch - Sichuan-Glazed Beef Rice Bowl

Grab your Meal Kit with this symbol



-  Potato
-  Aussie Spice Blend
-  Fine Breadcrumbs
-  Tomato
-  Bake-At-Home Burger Buns
-  Mixed Salad Leaves
-  Beef Mince
-  Diced Bacon
-  Garlic Aioli
-  Sichuan Garlic Paste
- For your lunch**
-  Sweetcorn
-  Spring Onion
-  Baby Spinach Leaves
-  Microwavable Basmati Rice
-  Crispy Shallots

DINNER
 Prep in: 25-35 mins
 Ready in: 35-45 mins

LUNCH
 Ready in: 10 mins

Cook once, with a twist for lunch. Dig into a beef burger with all the trimmings for dinner, then serve up Asian flavours with beef patties, fluffy rice and veggies for lunch. Extra delicious!

Pantry items

Olive Oil, Egg, Soy Sauce, Sesame Oil (Optional)

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to wash your fruit and veggies.

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
potato	2	4
Aussie spice blend	1 medium sachet	1 large sachet
beef mince	1 medium packet	1 medium & 1 small packet
egg*	1	2
fine breadcrumbs	1 medium packet	¾ large packet
soy sauce*	2 tbs	2½ tbs
diced bacon	1 packet (90g)	1 packet (180g)
tomato	1	2
garlic aioli	1 medium packet	1 large packet
Sichuan garlic paste	1 packet	1 packet
water*	1 tbs	1 tbs
bake-at-home burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (125g)
spring onion	1 stem	1 stem
baby spinach leaves	1 small bag	1 small bag
microwavable basmati rice	1 packet	1 packet
sesame oil* (optional)	1 tsp	1 tsp
crispy shallots	1 large packet	1 large packet

*Pantry Items

Nutrition

Dinner	Avg Qty	Per Serving	Per 100g
Energy (kJ)		3820kJ (913Cal)	640kJ (153Cal)
Protein (g)		45.8g	7.7g
Fat, total (g)		44.0g	7.4g
- saturated (g)		12.1g	2.0g
Carbohydrate (g)		77.3g	12.9g
- sugars (g)		10.4g	1.7g
Sodium (g)		1600mg	268mg

Lunch

Lunch	Avg Qty	Per Serving	Per 100g
Energy (kJ)		2350kJ (560Cal)	658kJ (157Cal)
Protein (g)		32.2g	9.0g
Fat, total (g)		27.2g	7.6g
- saturated (g)		8.6g	2.4g
Carbohydrate (g)		47.7g	13.4g
- sugars (g)		15.4g	4.3g
Sodium (mg)		1600mg	448mg

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://www.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



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into **fries**.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season with **salt** and **pepper**. Toss to coat.
- Bake until tender, **20-25 minutes**.

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

4



Get prepped & heat the buns

- Meanwhile, thinly slice **tomato**. To the bowl with the **bacon**, add **garlic aioli** and mix well.
- Remove frying pan from heat, then add quartered **patties**, **Sichuan garlic paste**, the **water** and remaining 1 tbs of **soy sauce**. Gently stir **patties** to coat. Set aside until you're ready to make lunch.
- Halve **bake-at-home burger buns**, then place on a wire rack in the oven. Bake until heated through, **2-3 minutes**.

2



Make the patties

- Meanwhile, combine **beef mince**, the **egg**, **fine breadcrumbs** (see ingredients), some of the **soy sauce** (1 tbs for 2 people / 1 1/2 tbs for 4 people) and a pinch of **pepper** in a medium bowl.
- Shape the **mixture** into evenly sized **patties** (4 patties for 2 people / 6 patties for 4 people) slightly larger than the burger buns.

5



Serve up dinner

- Divide spiced fries and burger buns between plates.
- Spread bun bases with baconnaise, then top with a beef patty, tomato slices and **mixed salad leaves** to serve. Enjoy!

3



Cook the bacon & patties

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon**, breaking up with a spoon, until golden, **5-6 minutes**. Transfer to a small bowl.
- Return pan to medium-high heat. Cook **beef patties** until just cooked through, **4-5 minutes** each side.
- Transfer **patties** to a plate, then slice two **patties** into quarters (these will become your lunch!).

TIP: If your pan is getting crowded, cook in batches for best results.

6



Make lunch

- When you're ready to pack lunch, drain **sweetcorn**. Finely chop **spring onion**. Roughly chop **baby spinach leaves**.
- In a medium bowl, combine **microwavable basmati rice** (no need to heat it!), corn, spring onion, spinach and the **sesame oil** (if using). Toss to combine, then divide between two microwave-safe containers. Top with Sichuan-glazed patty quarters and any glaze from the pan. Top with **crispy shallot** packet. Refrigerate.
- At lunch, remove crispy shallot packet. Microwave your meal until heated through, **2-3 minutes**. Sprinkle with crispy shallots to serve. Enjoy!