

# LOADED BUNLESS BEEF & SALAD BURGER BOWL

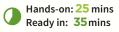
with Sweet Potato Chips





**Dijon Mustard** 

Pantry Staples: Olive Oil, Egg, Vinegar (Balsamic Or White Wine)



Everyone loves a good burger and fries every now and then, or for some even more regularly. That's why we are bringing you this guilt-free burger. All the fun, just packed into a bowl!

E4

# START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two oven trays** lined with **baking paper, garlic crusher, large bowl, plate, large frying pan** with a **lid, tongs, aluminium foil** and a **medium bowl**.



## COOK THE SWEET POTATO

Preheat the oven to 240°C/220°C fanforced. Chop the sweet potato (unpeeled) into 1cm thick chips. *TIP: Cutting the sweet potato to the correct size ensures it cooks in the allocated time.* Spread the sweet potato over two oven trays lined with baking paper and drizzle with olive oil. Season with salt and pepper and toss to coat. Arrange in a single layer and bake in the oven, turning half way through, for 20-25 minutes or until tender.



### GET PREPPED

While the sweet potato is cooking, peel and crush the **garlic**. Pick the **parsley** leaves and finely chop. Finely slice the **Roma tomato**.



#### MAKE THE RISSOLES

Place the beef mince, garlic, parsley, lemon oregano spice blend, fine breadcrumbs (use suggested amount), egg and salt (use suggested amount) in a large bowl. Mix well and shape 1/4 cup of mixture into 2 cm thick rissoles (you should get two rissoles per person). TIP: Press the rissoles down in the centre to prevent them shrinking when they cook. Set aside on a plate to cook.



## COOK THE BEEF RISSOLES

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **beef rissoles** and cook for **3-4 minutes** on each side, or until cooked through. For the last **2 minutes** of cooking time, top each beef rissole with **grated Cheddar cheese** and cover with a lid or foil until melted.



#### **5** MAKE THE SALAD While the beef rissoles are cooking,

combine the **vinegar** and **2 tbs** of **olive oil** in a medium bowl. Season with **salt** and **pepper** and mix well. Add the **mixed salad leaves** and **Roma tomato** and toss to coat. **TIP:** Toss the salad just before serving to

prevent soggy leaves.



### **6** SERVE UP Divide the salad, sweet potato chips and beef rissoles between bowls. Serve with a dollop of **mayonnaise** on the side. Serve a dollop of **Dijon mustard** with the

# ENJOY!

adults' portions.

# INGREDIENTS

	4-5P	
olive oil*	refer to method	
sweet potato	4	
garlic	2 cloves	
parsley	1 bunch	
Roma tomato	2	
beef mince	1 packet	
lemon oregano spice blend	2 sachets (2 tbs)	
fine breadcrumbs	<b>½ packet</b> (¼ cup)	
egg*	2	
salt*	1 tsp	
grated Cheddar cheese	<b>1 packet</b> (100 g)	
vinegar* (balsamic or white wine)	1 tbs	
mixed salad leaves	1 bag	
mayonnaise	<b>2 tubs</b> (80 g)	
Dijon mustard	<b>2 tubs</b> (80 g)	
*Pantry Items		

#### NUTRITION PER SERVING PER 100G

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Energy (kJ)	2900kJ (693Cal)	516kJ (123Cal)
Protein (g)	43.1g	7.7g
Fat, total (g)	38.2g	6.8g
saturated (g)	11.7g	2.1g
Carbohydrate (g)	40.3g	7.2g
sugars (g)	15.5g	2.8g
Sodium (g)	1130mg	200mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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Hello@HelloFresh.com.au

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