



LOADED BUNLESS BEEF & SALAD BURGER BOWL

with Sweet Potato Chips



Make a bunless beef burger bowl



Sweet Potato



Garlic



Parsley



Roma Tomato



Beef Mince



Lemon Oregano Spice Blend



Fine Breadcrumbs



Grated Cheddar Cheese



Mixed Salad Leaves



Mayonnaise



Dijon Mustard



Hands-on: 25 mins

Ready in: 35 mins

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!

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

BEFORE YOU 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**.



1 COOK THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. 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.



2 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**.



3 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.



4 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 adults' portions.

ENJOY!

4-5 PEOPLE 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	1/2 packet (1/4 cup)
egg*	2
salt*	1 tsp
grated Cheddar cheese	1 packet (100 g)
vinegar* (balsamic or white wine)	1 tbs
mixed salad leaves	1 bag
mayonnaise	2 tubs (80 g)
Dijon mustard	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
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](https://www.hellofresh.com.au/foodinfo)

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2018 | WK17

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