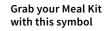


Cheesy Beef Burger Bowl with Rainbow Slaw & BBQ Mayo









Spring Onion







All-American



Spice Blend

Panko Breadcrumbs







Shredded Cheddar





BBQ Mayonnaise





Want a low-carb way to serve up a burger? How about this fun and fresh beef burger bowl! With loads of slaw and BBQ mayo to top it all off, this combo of ingredients will satisfy your burger cravings.



Olive Oil, Egg, White Wine Vinegar

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

Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
spring onion	2 stems	4 stems	
corn	1 cob	2 cobs	
beef mince	1 small packet	1 medium packet	
All-American spice blend	1 sachet	2 sachets	
panko breadcrumbs	½ packet	1 packet	
salt*	1/4 tsp	½ tsp	
egg*	1	2	
shredded Cheddar cheese	1 medium packet	1 large packet	
slaw mix	1 bag (200g)	1 bag (400g)	
white wine vinegar*	drizzle	drizzle	
BBQ mayonnaise	1 packet (50g)	1 packet (100g)	
coriander	1 bag	1 bag	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (616Cal)	647kJ (154Cal)
Protein (g)	44g	11g
Fat, total (g)	34.9g	8.8g
- saturated (g)	12.7g	3.2g
Carbohydrate (g)	28.7g	7.2g
- sugars (g)	14g	3.5g

1068mg

12.1g

268mg

3g

The quantities provided above are averages only.

Allergens

Sodium (mg)

Dietary fibre (g)

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.



Get prepped

Finely chop the **garlic**. Thinly slice the **spring onion**. Slice the kernels off the **corn** cob.



Char the corn

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Make the beef patties

SPICY! This is a mild spice blend, but if you're sensitive to heat, feel free to add less. In a medium bowl, combine the **beef mince**, **All-American spice blend**, **panko breadcrumbs** (see ingredients), **garlic**, the **salt** and **egg**. Shape the beef mixture into 4 evenly-sized patties.



Cook the patties

Return the frying pan, to a medium-high heat with a drizzle of **olive oil**. Add the **beef patties** and cook until just cooked through, **4-5 minutes** each side. In the last **1-2 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over the patties and cover with a lid (or foil) so the cheese melts.



Toss the slaw

Add the **slaw mix**, **spring onion**, a drizzle of **white wine vinegar** and a drizzle of **olive oil** to the **corn**. Season and toss to combine.



Serve up

Divide the rainbow slaw between bowls and top with the cheesy beef burgers. Top with the **BBQ** mayo and tear over the **coriander** to serve.

Enjoy!