



# Cheesy Beef Burger Bowl

with Rainbow Slaw & BBQ Mayo

Grab your Meal Kit with this symbol



Garlic



Spring Onion



Corn



Beef Mince



All-American Spice Blend



Panko Breadcrumbs



Shredded Cheddar Cheese



Slaw Mix



BBQ Mayonnaise



Coriander

Hands-on: 20-30 mins  
 Ready in: 20-30 mins

Carb Smart

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.

## Pantry items

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

	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*	¼ 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
Sodium (mg)	1068mg	268mg
Dietary fibre (g)	12.1g	3g

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://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!