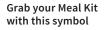


Dijon Beef Burger & Sweet Potato Fries with Homemade Caramelised Onion

CUSTOMER FAVOURITE

KID FRIENDLY









Sweet Potato



Beef Mince





Aussie Spice Blend





Dijon Mustard

Fine Breadcrumbs



Bake-At-Home Burger Buns



Tomato



Mayonnaise



Baby Spinach Leaves





Prep in: 25-35 mins Ready in: 30-40 mins We've packed loads of flavour into these beef patties with the crowd-pleasing combo of honey and Dijon. Load the burgers up with tomato, leafy greens and homemade caramelised onion for the perfect balance of sweet, savoury and peppery flavours.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
brown onion	1	2		
balsamic vinegar*	1 tbs	2 tbs		
brown sugar*	1 tsp	2 tsp		
beef mince	1 small packet	1 medium packet		
egg*	1	2		
Aussie spice blend	1 medium sachet	1 large sachet		
fine breadcrumbs	1 medium packet	1 large packet		
Dijon mustard	1 packet	2 packets		
honey*	1 tsp	2 tsp		
salt*	1/4 tsp	½ tsp		
bake-at-home burger buns	2	4		
tomato	1	2		
mayonnaise	1 medium packet	1 large packet		
baby spinach leaves	1 small bag	1 medium bag		
diced bacon**	1 packet (90g)	1 packet (180g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3931kJ (940Cal)	591kJ (141Cal)
Protein (g)	47.7g	7.2g
Fat, total (g)	37.1g	5.6g
- saturated (g)	10.6g	1.6g
Carbohydrate (g)	99.5g	15g
- sugars (g)	30.4g	4.6g
Sodium (mg)	1492mg	224mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4331kJ (1035Cal)	610kJ (146Cal)
Protein (g)	54.5g	7.7g
Fat, total (g)	43.6g	6.1g
- saturated (g)	13.1g	1.8g
Carbohydrate (g)	100.4g	14.1g
- sugars (g)	30.9g	4.4g
Sodium (mg)	1931mg	272mg

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 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





Bake the sweet potato fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Bake until tender, 20-25 minutes.

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



Make the caramelised onions

- Meanwhile, thinly slice brown onion.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion, stirring regularly, until softened, 5-6 minutes.
- Reduce heat to medium. Add the balsamic vinegar, brown sugar and a splash of water and mix well. Cook until dark and sticky,
 3-5 minutes. Transfer to a small bowl.

Custom Recipe: If you've added diced bacon, cook bacon with the onion, breaking bacon up with a spoon, until golden, 4-5 minutes. Continue as above.



Make the burger patties

- Meanwhile, in a medium bowl, combine beef mince, the egg, Aussie spice blend, fine breadcrumbs, Dijon mustard, the honey, the salt and a pinch of pepper.
- Shape mixture into evenly sized patties (1 per person), slightly larger than your burger buns.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into patties!



Cook the patties

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, cook **patties** until cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).



Heat the burger buns

- Halve bake-at-home burger buns and bake directly on a wire oven rack, until heated through, 2-3 minutes.
- Meanwhile, thinly slice tomato.



Serve up

- Spread base of burger buns with mayonnaise.
 Top with caramelised onion, Dijon beef patty, tomato slices and baby spinach leaves.
- · Serve with sweet potato fries. Enjoy!

Little cooks: Take the lead and help build the burgers!



Our Culinary team is waiting for your feedback!
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