



Dijon Beef Burger & Sweet Potato Fries

with Homemade Caramelised Onion

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Dijon Mustard



Bake-At-Home Burger Buns



Tomato



Mayonnaise



Baby Spinach Leaves



Diced Bacon

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 · Large frying pan

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*	¼ 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



1



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.

2



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.

3



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!

4



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).

5



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**.

6



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!

Rate your recipe

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