



Easy Beef Burger & Parmesan Fries

with Mayonnaise

Grab your Meal Kit with this symbol



Potato



Fine Breadcrumbs



Nan's Special Seasoning



Tomato



Mixed Salad Leaves



Bake-At-Home Burger Buns



Grated Parmesan Cheese



Beef Mince



Garlic Paste



Mayonnaise

Prep in: **10-20** mins
Ready in: **30-40** mins

This juicy burger has hints of garlic, paprika and pepper and is sure to hit the spot. Make it in four simple steps, and try not to eat all the fancy fries before you plate up.

Pantry items

Olive Oil, Egg, Balsamic 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
beef mince	1 small packet	1 medium packet
garlic paste	1 packet	2 packets
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
tomato	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
bake-at-home burger buns	2	4
mayonnaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3925kJ (938Cal)	679kJ (162Cal)
Protein (g)	51.8g	9g
Fat, total (g)	41.8g	7.2g
- saturated (g)	13.5g	2.3g
Carbohydrate (g)	83.1g	14.4g
- sugars (g)	9.1g	1.6g
Sodium (mg)	1264mg	219mg

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

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1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **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**.
- In the last **5 minutes** of cook time, sprinkle **grated Parmesan cheese** over **fries**, then bake until golden and crispy, **5 minutes**.

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

3



Prep the toppings & buns

- While the patties are cooking, thinly slice **tomato**. Set aside.
- In a second medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Season, then add **mixed salad leaves**. Toss to coat.
- When the patties have **3 minutes** remaining, halve the **bake-at-home burger buns**, then place directly on wire oven rack. Bake until heated through, **2-3 minutes**.

2



Cook the patties

- While the fries are baking, in a medium bowl, combine **beef mince**, **garlic paste**, **fine breadcrumbs**, **Nan's special seasoning** and the **egg**. Season with **salt** and **pepper**.
- Shape **beef mixture** into evenly sized patties (1 per person), slightly larger than the burger buns. Transfer to a plate.
- When fries have **15 minutes** remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When oil is hot, cook the **patties** until just cooked through, **4-5 minutes** each side.

4



Serve up

- Spread the bun bases with **mayonnaise**. Top with a beef patty, tomato slices and salad.
- Serve with Parmesan fries. Enjoy!

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