













# Easy Beef Burger & Sweet Potato Parmesan Fries with Mayonnaise

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Fine Breadcrumbs
-  Nan's Special Seasoning
-  Tomato
-  Mixed Salad Leaves
-  Bake-At-Home Burger Buns
-  Shaved Parmesan Cheese
-  Beef Mince
-  Garlic Paste
-  Mayonnaise
-  Haloumi

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.

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

### Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
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
<b>egg*</b>	1	2
tomato	1	2
<b>vinegar*</b> (white wine or balsamic)	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
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3937kJ (941Cal)	684kJ (163Cal)
Protein (g)	50.4g	8.8g
Fat, total (g)	41.5g	7.2g
- saturated (g)	13.3g	2.3g
Carbohydrate (g)	87.6g	15.2g
- sugars (g)	17.7g	3.1g
Sodium (mg)	1259mg	219mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5089kJ (1216Cal)	765kJ (183Cal)
Protein (g)	67.5g	10.1g
Fat, total (g)	64.2g	9.7g
- saturated (g)	27.7g	4.2g
Carbohydrate (g)	88.7g	13.3g
- sugars (g)	18.7g	2.8g
Sodium (mg)	2294mg	345mg

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.

## We're here to help!

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## Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **potato** 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 **shaved 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.

**Custom Recipe:** If you've added haloumi, in a medium bowl, add haloumi and cover with water.

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## Prep the toppings & buns

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

**Custom Recipe:** Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.

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## Cook the patties

- While the fries are baking, combine **beef mince**, **garlic paste**, **fine breadcrumbs**, **Nan's special seasoning** and **egg**. Season with **salt** and **pepper**.
- Shape **beef mixture** into 2cm-thick patties (1 per person). 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.

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## Serve up

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

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