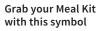


Easy Beef Burger & Sweet Potato Parmesan Fries

with Mayonnaise

TAKEAWAY FAVES

KID FRIENDLY









Sweet Potato

Fine Breadcrumbs





Nan's Special Seasoning

Tomato



Mixed Salad



Leaves



Shaved Parmesan Cheese



Mayonnaise

Burger Buns

Beef Mince



Garlic Paste







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, Vinegar (White Wine or Balsamić)

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

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	2 People	4 People		
olive oil*	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		
egg*	1	2		
tomato	1	2		
vinegar* (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		
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^{*}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 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 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.



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.



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.



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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