



Beef Burger & Sweet Potato Parmesan Fries with Mayonnaise

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Shaved Parmesan Cheese



Beef Mince



Garlic Paste



Fine Breadcrumbs



Nan's Special Seasoning



Tomato



Mixed Salad Leaves



Bake-At-Home Burger Buns



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

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
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

*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



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**.
- 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 to soak.

3



Prep the toppings & heat the buns

- While the patties are cooking, thinly slice **tomato**. Set aside.
- In a second medium bowl, combine a drizzle of **olive oil** and the **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**, then bake directly on wire oven rack, 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 2cm-thick **patties** (1 per person). Transfer to a plate.
- When the fries have **15 minutes** remaining, heat a large frying pan over 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.

Custom Recipe: Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate.

4



Serve up

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

Custom Recipe: Add a slice of golden haloumi to each burger.

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate