

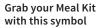
# Beef Burger & Sweet Potato Parmesan Fries

with Mayonnaise

TAKEAWAY FAVES

KID FRIENDLY







Sweet Potato



Shaved Parmesan Cheese









Fine Breadcrumbs



Nan's Special

Seasoning



Tomato



Mixed Salad Leaves

Mayonnaise



Bake-At-Home **Burger Buns** 





**Pantry items** 

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

#### 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

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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		

\*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 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.



## 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



# 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.



### 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.