



Garlic & Herb Beef Burger

with Sweet Potato Fries & Peppercorn Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Tomato



Black Peppercorns



Garlic & Herb Seasoning



Fine Breadcrumbs



Bake-At-Home Burger Buns



Salad Leaves



Garlic Aioli



Beef Mince



Shaved Parmesan Cheese



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

Is there any meal more satisfying than a juicy beef burger? We've loaded ours with melted cheese and sweet caramelised onion to make every bite a delight. The peppercorn aioli is a must for creaminess and a hint of heat.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg

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
sweet potato	2	4
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
tomato	1	2
black peppercorns	1 medium sachet	1 large sachet
garlic aioli	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
bake-at-home burger buns	2	4
salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4197kJ (1003Cal)	624kJ (149Cal)
Protein (g)	51.9g	7.7g
Fat, total (g)	42.6g	6.3g
- saturated (g)	13.1g	1.9g
Carbohydrate (g)	99.1g	14.7g
- sugars (g)	28g	4.2g
Sodium (mg)	1121mg	167mg

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

2023 | CW01



1



Bake the fries

- See '**air fryer tips**' (below). Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

4



Make the patties

- In a large bowl, combine **beef mince**, **garlic & herb seasoning**, the **egg** and **fine breadcrumbs**. Season with **salt** and **pepper**.
- Shape the **mixture** into evenly sized patties (one per person) slightly larger than a burger bun.

TIP: Make a shallow indent in the centre of each patty to prevent it from puffing up as it cooks.

Little cooks: Join the fun by combining the ingredients and shaping the mixture into patties!

Use an air fryer!

1. Set your air fryer to 200°C. Prep and season sweet potato as above.
2. Place sweet potato fries evenly into the air fryer basket and cook for 10 minutes.
3. Shake the basket, then cook until golden, a further 10-15 minutes.

2



Caramelize the onion

- Meanwhile, thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Add the **balsamic vinegar**, the **brown sugar** and the **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

5



Cook the patties & heat buns

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **patties** until just cooked through, **4-5 minutes** each side. In the last **1-2 minutes** of cook time, sprinkle **shaved Parmesan cheese** over **patties**, then cover with a lid or foil so the cheese melts.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.

3



Get prepped

- While the onion is cooking, thinly slice **tomato**. Lightly crush **black peppercorns** with a mortar and pestle or in their packet using a rolling pin.
- In a second small bowl, combine **garlic aioli** and **crushed peppercorns**.

Little cooks: Have a go at crushing the peppercorns and combining the ingredients for the aioli.

6



Serve up

- Spread bun bases with a layer of peppercorn aioli. Top with a garlic and herb beef patty, caramelised onion, tomato slices and a handful of **salad leaves**.
- Divide burgers between plates. Serve with fries and any remaining peppercorn aioli. Enjoy!

Little cooks: Take the lead and help build the burgers!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate