



Super Speedy Beef Smash & Cheddar Burger

with BBQ Mayo & Zesty Green Salad



Cook a super speedy beef patty



Roma Tomato



Cos Lettuce



Cucumber



Lemon



BBQ Sauce



Mayonnaise



Beef Mince



Shredded Cheddar Cheese



Bake-At-Home Burger Bun



Hands-on: 15 mins
Ready in: 20 mins

Everyone loves a burger, and we are guessing that your family is no different. These smash burgers are big, bold and saucy.. oh and did we mention, speedy!?! Two hands required. Enjoy!

Pantry Staples: Olive Oil, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, small bowl, large frying pan with lid or foil, spatula, medium bowl** and **tongs**.



1 GET PREPPED

Preheat the oven to **180°C/160°C fan-forced**. Slice **1/2** the **Roma tomato** into thin rounds and finely chop the remaining **1/2**. Finely chop the **cucumber**. Shred the **cos lettuce**. Juice the **lemon** to get **2 tsp for 2 people / 1 tbs for 4 people**. In a small bowl, combine the **BBQ sauce** and **mayonnaise**.



2 SHAPE THE BEEF PATTIES

Divide the **beef mince** into equal balls (**2 for 2 people / 4 for 4 people**). Flatten each ball with your hands until you have a 1 cm-thick patty. **TIP:** *Smash burgers are thinner than regular burgers so they cook through quickly without drying out!* Season the top of the patty generously with **salt** and **pepper**.



3 COOK THE BEEF PATTIES

Heat a **drizzle of olive oil** in a large frying pan over a high heat. Add the **patties** to the pan and immediately press down on each with a spatula to flatten them as much as possible. **TIP:** *Don't worry if the edges are uneven!* Cook for **3 minutes** on one side, or until browned. **TIP:** *You will flip the patty in step 4.*



4 FLIP THE PATTIES

Flip the burger patties and cook on the other side for **2 minutes**, or until just cooked through. Sprinkle the **shredded Cheddar cheese** on top of the patties, cover the pan with a lid or foil, and cook for a further **1 minute**, or until the cheese has melted. **TIP:** *Some cheese will fall into the pan, scrape it out before serving and add to your burger for crunch.*



5 BAKE THE BURGER BUNS

While the burger patties are cooking, place the **bake-at-home burger buns** directly on the oven rack and bake for **3 minutes**, or until heated through.

In a medium bowl, combine the **lemon juice, honey** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**). Add the **cos lettuce** (reserve a handful for the burgers), chopped **tomato** and **cucumber** to the bowl with the dressing. Season with **salt** and **pepper**. Toss to coat.



6 SERVE UP

Spread the **BBQ mayonnaise** over the base of each bun. Top with some **cos lettuce**, a **beef patty** and **tomato slices**. Serve the salad on the side.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Roma tomato	1	2
cos lettuce	1 bag	2 bags
cucumber	1	2
lemon	½	1
BBQ sauce	1 tub (40 g)	2 tubs (80 g)
mayonnaise	1 tub (40 g)	2 tubs (80 g)
beef mince	1 packet	1 packet
shredded Cheddar cheese	1 packet (100 g)	2 packets (200 g)
bake-at-home burger bun	2	4
honey*	½ tsp	1 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3500kJ (835Cal)	721kJ (172Cal)
Protein (g)	48.0g	9.9g
Fat, total (g)	46.5g	9.6g
- saturated (g)	19.2g	4.0g
Carbohydrate (g)	52.0g	10.7g
- sugars (g)	15.4g	3.2g
Sodium (g)	1230mg	253mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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