



Loaded Beef Burger & Potato Fries

with Charred Pineapple, Fried Egg & Burger Sauce

BURGER COLLECTION

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Pineapple Slices



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Burger Buns



Shredded Cabbage Mix



Burger Sauce



Garlic Aioli



Shredded Cheddar Cheese

Prep in: 25-35 mins
Ready in: 30-40 mins

We know some people have mixed feelings about pineapple on pizza, but how about on a burger? We argue that it gives this beef burger that extra fresh edge. If that hasn't quipped your interest, what about adding an egg because everyone loves an egg. Trust us, this is the new and improved burger.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Eggs, White Wine Vinegar

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 · Medium frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| pineapple slices | ½ tin | 1 tin |
| beef mince | 1 packet | 1 packet (or 2 packets) |
| Aussie spice blend | 1 sachet | 1 sachet |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| eggs* | 3 | 6 |
| burger buns | 2 | 4 |
| shredded cabbage mix | ½ bag (75g) | 1 bag (150g) |
| white wine vinegar* | drizzle | drizzle |
| burger sauce | 1 medium packet | 1 large packet |
| garlic aioli | 1 medium packet | 1 large packet |
| shredded Cheddar cheese** | 1 packet (40g) | 1 packet (80g) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4652kJ (1112Cal) | 703kJ (168Cal) |
| Protein (g) | 56.1g | 8.5g |
| Fat, total (g) | 55.2g | 8.3g |
| - saturated (g) | 15.2g | 2.3g |
| Carbohydrate (g) | 100.7g | 15.2g |
| - sugars (g) | 26.3g | 4g |
| Sodium (mg) | 1216mg | 184mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 5010kJ (1197Cal) | 735kJ (176Cal) |
| Protein (g) | 60.8g | 8.9g |
| Fat, total (g) | 62.6g | 9.2g |
| - saturated (g) | 19.7g | 2.9g |
| Carbohydrate (g) | 100.7g | 14.8g |
| - sugars (g) | 26.3g | 3.9g |
| Sodium (mg) | 1355mg | 199mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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 | CW24



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

Custom Recipe: If you've added shredded Cheddar cheese to your meal, sprinkle over the cooked fries just before serving.

4



Cook the egg

- Meanwhile, heat a medium frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, crack the remaining **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**.

2



Get prepped

- Meanwhile, drain **pineapple slices** (see **ingredients**).
- In a medium bowl, combine **beef mince**, **Aussie spice blend**, **fine breadcrumbs** and the **egg** (1 egg for 2 people / 2 eggs for 4 people).
- Using damp hands, shape **beef mixture** into 2cm-thick patties (1 per person). Set aside.

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

5



Bring it all together

- While the eggs are cooking, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- In a second medium bowl, combine **shredded cabbage mix** (see **ingredients**) and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

3



Cook the patties

- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **beef patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).

6



Serve up

- Spread **burger sauce** over the burger bun bases, then top each bun with a beef patty, slaw, charred pineapple and a fried egg.
- Serve with potato fries and **garlic aioli**. Enjoy!

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate