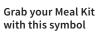


Loaded Beef Burger & Potato Fries with Charred Pineapple, Fried Egg & Burger Sauce

BURGER COLLECTION

KID FRIENDLY









Pineapple Slices



Beef Mince









Burger Buns

Fine Breadcrumbs



Shredded Cabbage



Burger Sauce



Garlic Aioli





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.

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 \cdot Large frying pan \cdot Medium frying pan

Ingredients

2 People	4 People
refer to method	refer to method
2	4
½ tin	1 tin
1 packet	1 packet (or 2 packets)
1 sachet	1 sachet
1 medium packet	1 large packet
3	6
2	4
½ bag (75g)	1 bag (150g)
drizzle	drizzle
1 medium packet	1 large packet
1 medium packet	1 large packet
1 packet (40g)	1 packet (80g)
	refer to method 2 ½ tin 1 packet 1 sachet 1 medium packet 3 2 ½ bag (75g) drizzle 1 medium packet 1 medium packet

^{*}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



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.



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!



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).



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.



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.



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!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate

