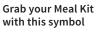


'Chocka' Beef Burger & Fries with Charred Pineapple, Fried Egg & Burger Sauce

CUSTOMER FAVOURITE

KID FRIENDLY









Pineapple Slices



Beef Mince

Seasoning Blend





Fine Breadcrumbs

Burger Buns





Leaves

Burger Sauce





Prep in: 20-30 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, you'll be team pineapple all the way!

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 · Two large frying pans

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
pineapple slices	½ tin	1 tin
beef mince	1 small packet	2 small packets OR 1 large packet
seasoning blend	½ sachet	1 sachet
fine breadcrumbs	1 medium packet	1 large packet
eggs*	3	6
burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
lamb mince**	1 packet	1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4175kJ (998Cal)	676kJ (162Cal)
Protein (g)	55.1g	8.9g
Fat, total (g)	44.4g	7.2g
- saturated (g)	14.2g	2.3g
Carbohydrate (g)	97.2g	15.7g
- sugars (g)	23.9g	3.9g
Sodium (mg)	1150mg	186mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3732kJ (892Cal)	605kJ (145Cal)
Protein (g)	52g	8.4g
Fat, total (g)	35.3g	5.7g
- saturated (g)	9.2g	1.5g
Carbohydrate (g)	97.2g	15.7g
- sugars (g)	23.9g	3.9g
Sodium (mg)	1184mg	192mg

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.



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.



Get prepped

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

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

Custom Recipe: If you've swapped beef mince for lamb mince, prep patties as above.



Char the pineapple

· Heat a large frying pan over high heat. Cook pineapple slices until lightly charred, **2-3 minutes** each side. Transfer to a plate.



Cook the patties

- Return the 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).

Custom Recipe: Cook lamb patties in the same way as above.



Bring it all together

- · While the patties are cooking, heat a second large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, crack remaining **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, 4-5 minutes.
- Meanwhile, halve burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.
- In a second medium bowl, combine mixed salad leaves and a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

- · Spread both halves of burger buns with some burger sauce.
- Top with salad leaves, a beef patty, charred pineapple and fried egg. Serve with potato fries. Enjoy!

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



Scan here if you have any questions or concerns





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