



# 'Chocka' Beef Burger & Fries

with Charred Pineapple, Fried Egg & Burger Sauce

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Pineapple Slices



Beef Mince



Seasoning Blend



Fine Breadcrumbs



Burger Buns



Mixed Salad Leaves



Burger Sauce



Lamb Mince

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!

**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 · Two large frying pans

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>eggs*</b>	3	6
burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	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](https://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

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## 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**.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)