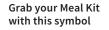


# Easy BBQ Beef Cheese Burger with Fries & Garlic Aioli

KID FRIENDLY













**Beef Mince** 





Fine Breadcrumbs



Barbecue Seasoning





**Burger Buns** 



**Baby Leaves** 



Garlic Aioli

Shredded Cheddar



Prep in: 15-25 mins Ready in: 35-45 mins

There's a secret X-factor in these burgers: Tex-Mex flavours! The spice blend in the beef patties and the garlic aioli take them to next-level tastiness. Add some baked fries and this might just be your new favourite dinner!

**Pantry items** Olive Oil, Egg

## 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 with

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
barbecue seasoning	1 sachet	2 sachets
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
burger buns	2	4
garlic aioli	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
shredded Cheddar cheese**	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4255kJ (1017Cal)	749kJ (179Cal)
Protein (g)	50.8g	8.9g
Fat, total (g)	50.1g	8.8g
- saturated (g)	17.6g	3.1g
Carbohydrate (g)	88.8g	15.6g
- sugars (g)	15.7g	2.8g
Sodium (mg)	1359mg	239mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4613kJ (1103Cal)	<b>784kJ</b> (187Cal)
Protein (g)	55.5g	9.4g
Fat, total (g)	57.6g	9.8g
- saturated (g)	22.1g	3.8g
Carbohydrate (g)	88.8g	15.1g
- sugars (g)	15.7g	2.7g
Sodium (mg)	1497mg	254mg

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.



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 and season with salt and pepper. Toss to coat, spread out evenly, then bake until tender, 20-25 minutes.



# Get prepped

- While the fries are baking, thinly slice tomato.
- In a large bowl, add beef mince, barbecue seasoning, fine breadcrumbs (see ingredients) and the egg. Season and mix well. Using damp hands, shape **beef mixture** into 2cm-thick patties (1 patty per person).

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



## Make the patties

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook beef patties until just cooked through, 4-5 minutes each side.
- In the last 1-2 minutes of cook time, sprinkle shredded Cheddar cheese over patties and cover with a lid (or foil) so cheese melts.
- Meanwhile, halve burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.

Custom Recipe: If you've added shredded Cheddar cheese, add extra cheese as above.



## Serve up

- Spread some garlic aioli over the burger bun bases. Top with some baby leaves, tomato and a cheesy BBO beef patty.
- Serve with fries and any remaining garlic aioli. Enjoy!

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