



Easy BBQ Beef Cheese Burger

with Fries & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Beef Mince



Barbecue Seasoning



Fine Breadcrumbs



Shredded Cheddar Cheese



Burger Buns



Garlic Aioli



Baby Leaves



Shredded Cheddar Cheese

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!

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

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 a lid

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

*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)	784kJ (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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW13



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

3



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.

2



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!

4



Serve up

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

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

Rate your recipe

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