



Spiced Beef & Creamy Pesto Slaw Burger

with Kumara Fries

NEW

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Kumara



Garlic



Tomato



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Burger Buns



Creamy Pesto Dressing



Slaw Mix



Pork Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

It doesn't get more classic than a beef burger and fries - why don't we add a twist! A lightly spiced beef mince pattie sits atop a perfectly toasted bun with a a flavourful pesto slaw. Let's swap out potato for kumara fries and use everyone's favourite cooking tool to get them extra crisp - the air fryer!

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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
garlic	2 cloves	4 cloves
tomato	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
egg*	1	2
burger buns	2	4
creamy pesto dressing	1 medium packet	1 large packet
slaw mix	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3959kJ (946Cal)	643kJ (154Cal)
Protein (g)	47.5g	7.7g
Fat, total (g)	40.6g	6.6g
- saturated (g)	12.8g	2.1g
Carbohydrate (g)	97.4g	15.8g
- sugars (g)	17.6g	2.9g
Sodium (mg)	1175mg	191mg
Dietary Fibre (g)	9.2g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3668kJ (877Cal)	596kJ (142Cal)
Protein (g)	43.3g	7g
Fat, total (g)	36.1g	5.9g
- saturated (g)	9.9g	1.6g
Carbohydrate (g)	97.4g	15.8g
- sugars (g)	17.6g	2.9g
Sodium (mg)	1196mg	194mg
Dietary fibre (g)	9.2g	1.5g

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 | CW22

1



Bake the fries

- Preheat air fryer to **200°C**. Cut **kumara** into fries. In a medium bowl, combine **kumara**, a pinch of **salt** and a drizzle of **olive oil**.
- Place **fries** evenly into the air fryer basket and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**. Cook in batches if needed.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until just tender, 20-25 minutes.

3



Cook the patties

- When the fries have **15 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **beef patties** until just cooked through, **4-5 minutes** each side.
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

TIP: If your patties begin to char, reduce the heat to medium.

2



Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **tomato**.
- In a large bowl, combine **garlic**, **beef mince**, **fine breadcrumbs**, **Aussie spice blend** and the **egg**, then season with **salt** and **pepper**.
- Shape **beef mixture** into 2cm-thick patties (1 patty per person). Transfer to a plate.

Custom Recipe: If you've swapped to pork mince, follow step as above and cook in the same way.

4



Serve up

- In a medium bowl, combine **creamy pesto dressing** and **slaw mix**.
- Top burger buns with a beef patty, some tomato and slaw.
- Serve with kumara fries. Enjoy!

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