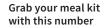


Smokey Beef & Charred Pineapple Burger with Potato Fries, Burger Sauce & Fried Egg

KIWI FLAVOURS

KID FRIENDLY

AIR FRYER FRIENDLY









Potato

Pineapple Slices





Kiwi Spice Blend





Fine Breadcrumbs







Shredded Cabbage

Burger Sauce







Prep in: 25-35 mins Ready in: 30-40 mins

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 \cdot Large frying pan \cdot Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
pineapple slices	½ tin	1 tin
beef mince	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
eggs*	3	6
burger buns	2	4
shredded cabbage mix	½ medium packet	1 medium packet
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4577kJ (1094Cal)	688kJ (164Cal)
Protein (g)	55.3g	8.3g
Fat, total (g)	56.1g	8.4g
- saturated (g)	15.5g	2.3g
Carbohydrate (g)	92.9g	14g
- sugars (g)	16.8g	2.5g
Sodium (mg)	1152mg	173mg
Dietary Fibre (g)	6.4g	1g

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.



Airfry the fries

- Set your air fryer to 200°C. Cut potato into fries.
- Place fries into the air fryer basket and cook for 10 minutes.
- Shake the basket, then cook until golden, a further 10-15 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Cut potato into fries. Place fries on a lined oven tray, drizzle with olive oil, season 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, Kiwi spice blend, fine breadcrumbs and the egg (1 egg for 2 people / 2 eggs for 4 people).
- Using damp hands, shape beef mixture into 2cm-thick patties (1 per person). Set aside.

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



Cook the patties

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



Fry the egg

- Meanwhile, heat a medium frying pan over high heat with a drizzle of olive oil.
- When oil is hot, crack the remaining eggs into the pan. Cook until egg whites are firm and yolks are cooked to your liking, 4-5 minutes.



Bring it all together

- While the eggs are cooking, halve burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.
- In a second medium bowl, combine shredded cabbage mix (see ingredients) and a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

- Spread burger sauce over the burger bun bases, then top each bun with slaw, a beef patty, charred pineapple and a fried egg.
- Serve with potato fries and garlic aioli. Enjoy!

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







