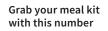


Smokey Beef & Charred Pineapple Burger with Potato Fries, Burger Sauce & Fried Egg

KIWI FLAVOURS

KID FRIENDLY

AIR FRYER FRIENDLY









Pineapple Slices





Kiwi Spice Blend





Fine Breadcrumbs





Burger Sauce









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 · Large frying pan · Medium frying pan

Ingredients

| 9. | | | |
|-------------------------|-----------------|---------------------------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| potato fries | 1 medium packet | 1 large packet | |
| 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 | |
| egg* | 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.



Cook the fries

- Set your air fryer to 200°C.
- Place **potato 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 fanforced. 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!



