



Smokey Beef & Charred Pineapple Burger

with Potato Fries, Burger Sauce & Fried Egg

KIWI FLAVOURS

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

22



Potato Fries



Pineapple Slices



Beef Mince



Kiwi Spice Blend



Fine Breadcrumbs



Burger Buns



Shredded Cabbage Mix



Burger Sauce



Garlic Aioli



Pork Mince



Cheddar Cheese

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

We know some people have mixed feelings about pineapple on pizza, but how about on a burger? We argue that it gives this beef burger that extra fresh edge. If that hasn't piqued your interest, what about adding an egg, because everyone loves an egg! Trust us, this is the new and improved burger.

Pantry items

Olive Oil, Egg, White Wine Vinegar

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

	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 fan-forced. 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.



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**.



Get prepped

- While the fries are cooking, 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!



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**. Toss to combine and season to taste.



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).



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



ADD CHEDDAR CHEESE
Sprinkle over buns before warming.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

