



# Cheesy Beef Burger & Kumara Fries

with Beetroot Relish & Fried Egg

TAKEAWAY FAVES

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

5



Orange Kumara



Tomato



Beef Mince



Classic Roast Seasoning



Fine Breadcrumbs



Shredded Cheddar Cheese



Burger Buns



Burger Sauce



Beetroot Relish



Mixed Salad Leaves



Diced Bacon



Shredded Cheddar Cheese

Prep in: 25-35 mins  
Ready in: 35-45 mins

See life on the bright side with these sunny-side-up burgers. Juicy beef patties are topped with melty Cheddar cheese, a fried egg and a sweet beetroot relish. If that isn't enough to satisfy your cravings, there's baked kumara fries fresh out of the oven with a burger sauce for dipping.

## Pantry items

Olive Oil, Eggs

## 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 · Two large frying pans

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
orange kumara	2 (medium)	2 (large)
tomato	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
eggs*	3	6
shredded Cheddar cheese	1 medium packet	1 large packet
burger buns	2	4
burger sauce	1 medium packet	1 large packet
beetroot relish	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4447kJ (678cal)	678kJ (103cal)
Protein (g)	59g	9g
Fat, total (g)	46.5g	7.1g
- saturated (g)	18.1g	2.8g
Carbohydrate (g)	104.8g	16g
- sugars (g)	25.6g	3.9g
Sodium (mg)	1504mg	229.3mg
Dietary Fibre (g)	8.5g	1.3g

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](https://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

- Cut **kumara** into thin fries.
- Set your air fryer to **200°C**. Place **fries** into the air fryer basket, drizzle with **olive oil** and season with **salt** and toss to coat. Cook for **15 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

**TIP:** No air fryer? Preheat oven to 220°C/200°C fan-forced. Place kumara on a lined oven tray. Drizzle with olive oil and season with salt and toss to coat. Bake until tender, 20-25 minutes.



## Fry the eggs

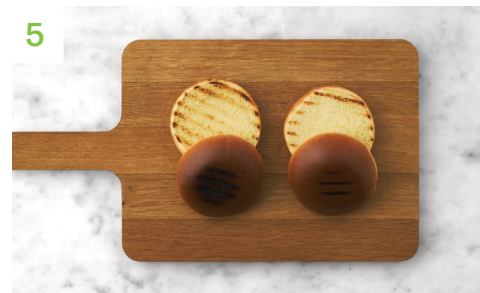
- While the patties are cooking, heat a medium frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, crack remaining **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**. Season.



## Get prepped

- While fries are baking, thinly slice **tomato** into rounds.
- In a medium bowl, combine **beef mince**, **classic roast seasoning**, **fine breadcrumbs** (see ingredients), the **egg** (1 for 2 people / 2 for 4 people) and a pinch of **salt** and **pepper**.
- Using damp hands, shape **beef mixture** into 2cm-sized patties (1 per person).

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



## Bake the buns

- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



## Cook the patties

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. 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.



## Serve up

- Spread burger bases with some burger sauce, then **beetroot relish**.
- Top with **mixed salad leaves**, tomato, a beef patty and a fried egg.
- Serve with kumara fries and any remaining burger sauce. 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

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### CUSTOM OPTIONS

#### + ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Top burger with bacon.

#### + DOUBLE CHEDDAR CHEESE

Follow method above.

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

