



Greek-Style Beef Burger & Potato Fries

with Balsamic Glaze & Feta Salad

NEW

Grab your meal kit with this number

3



Potato



Tomato



Beef Mince



Garlic & Herb Seasoning



Dried Oregano



Fine Breadcrumbs



Balsamic Glaze



Burger Buns



Mixed Salad Leaves



Cow's Milk Feta



Mayonnaise



Grated Parmesan Cheese



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

We love putting a spin on the humble burger. Tonight's twist takes inspiration from Greece, with a juicy oregano-spiced beef patty coated in a tangy balsamic glaze. Crumble some feta over the salad and add a side of potato fries for a mouthwatering combo you didn't know you were missing!

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
dried oregano	½ large packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
balsamic glaze	1 packet	2 packets
burger buns	2	4
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
cow's milk feta	½ packet	1 packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4508kJ (1077Cal)	773kJ (184Cal)
Protein (g)	56.7g	9.7g
Fat, total (g)	57.6g	9.9g
- saturated (g)	24.4g	4.2g
Carbohydrate (g)	78.2g	13.4g
- sugars (g)	14.6g	2.5g
Sodium (mg)	1930mg	331mg
Dietary Fibre (g)	5.7g	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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

2



Get prepped

- Meanwhile, slice **tomato** into thin rounds.
- In a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **dried oregano**, **fine breadcrumbs** and the **egg**.
- Using damp hands, shape **beef mixture** into 2cm-thick patties (1 per person).

3



Cook the patties

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **beef patties** and cook until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add **balsamic glaze** and turn to coat.

4



Toast the buns

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

5



Toss the salad

- In a medium bowl, combine **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Crumble in **cow's milk feta** (see ingredients) and season to taste.

6



Finish & serve

- Spread some **mayonnaise** over the burger bun bases. Top with a Greek-style beef patty, tomato and salad.
- Serve burgers with potato fries and remaining salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS



ADD GRATED PARMESAN CHEESE

In the last 5 minutes of baking, sprinkle over fries.



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.

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

