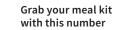


# Flamegrilled Smokey Beef & Avocado Burger with Buttered Corn Cob

GOOD TO BBO











Burger Buns







Kiwi Spice





Mixed Salad Leaves



Mayonnaise







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

This burger means business! Fire up the grill and grab your BBQ tongs, tonight's handheld meal features a smokey-spiced beef patty, avocado and crisp salad leaves on a warm toasty bun. Paired with a buttery, golden corn cob, it's the ultimate backyard feast—no invite required!

#### **Pantry items**

Olive Oil, Egg, White Wine Vinegar, Butter

#### 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

BBQ or medium saucepan and large frying pan

## **Inaredients**

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1	2
burger buns	2	4
avocado	1 (small)	1 (large)
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*	1	2
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
butter*	20g	40g
mayonnaise	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4143kJ (990Cal)	859kJ (205Cal)
Protein (g)	46.1g	9.6g
Fat, total (g)	55.5g	11.5g
- saturated (g)	15.8g	3.3g
Carbohydrate (g)	69.5g	14.4g
- sugars (g)	14.2g	2.9g
Sodium (mg)	898mg	186mg
Dietary Fibre (g)	11.9g	2.5g

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.



## Get prepped

- · Preheat BBQ to high heat.
- · Halve corn and burger buns.
- · Slice avocado in half, scoop out flesh and thinly slice. Season with salt and pepper.



## Assemble the patties

- In a large bowl, combine beef mince, Kiwi spice blend, fine breadcrumbs and the egg.
- Shape **beef mixture** into 2cm-thick **patties** (1 per person).



#### Grill the corn

- When BBQ is hot, add corn and cook, turning, until charred and cooked through, 10-15 minutes.
- Transfer to a plate and cover to keep warm.

NO BBQ? Half-fill a medium saucepan with water and bring to the boil. Cook corn in boiling water until tender and bright yellow, 5 minutes. Cover to keep warm.



## Grill the burger patties

 Meanwhile, grill beef patties for 3-5 minutes each side, until charred and cooked through.

NO BBQ? Cook beef patties in a frying pan over high heat, 4-5 minutes each side.



#### Grill the buns

• When the patties are done, grill **buns**, cut-side down, until lightly golden, 2-3 minutes.

NO BBQ? Grill or toast buns to your liking.



#### Finish & serve

- In a medium bowl, combine **mixed salad leaves** and a drizzle of white wine vinegar and olive oil.
- Top corn with the **butter**.
- Spread burger buns with **mayonnaise**, then top with a flamegrilled smokey beef patty, avocado and salad leaves.
- Serve with buttered corn cob. Enjoy!







Sprinkle over burger patties in last minute of cooking. Cover and allow to melt.



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.

