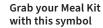


Quick Cheesy Bunless Beef Burgers with Sesame Carrot Fries & Honey Mustard Mayo













Mayonnaise



Dijon Mustard





Beef Mince





Aussie Spice



Shredded Cheddar



Baby Spinach Leaves



White Turnip



Shredded Cabbage Mix

Olive Oil, Honey, Egg, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

| 9 | | |
|------------------------|--------------------|--------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| carrot | 2 | 4 |
| sesame seeds | 1 sachet | 1 sachet |
| mayonnaise | 1 packet (40g) | 1 packet (80g) |
| honey* | 1 tsp | 2 tsp |
| Dijon mustard | 2 packets (30g) | 4 packets (60g) |
| beef mince | 1 packet | 1 packet |
| fine breadcrumbs | 1 packet | 1 packet |
| egg* | 1 | 2 |
| Aussie spice blend | 1 sachet | 1 sachet |
| shredded | 1 packet | 1 packet |
| Cheddar cheese | (50g) | (100g) |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| white turnip | 1 | 2 |
| shredded cabbage mix | 1 bag (150g) | 1 bag (300g) |
| white wine vinegar* | drizzle | drizzle |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2889kJ (690Cal) | 513kJ (122Cal) |
| Protein (g) | 45.6g | 8.1g |
| Fat, total (g) | 38.7g | 6.9g |
| - saturated (g) | 14.8g | 2.6g |
| Carbohydrate (g) | 31.4g | 5.6g |
| - sugars (g) | 13.4g | 2.4g |
| Sodium (mg) | 1342mg | 238mg |

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.



Bake the carrot fries

- Preheat oven to 240°C/220°C fan-forced. Cut carrot into fries.
- Place carrot on a lined oven tray. Drizzle with olive oil, sprinkle with sesame seeds and season with salt. Toss to coat, spread out evenly, then bake until tender, 20-25 minutes.



Cook the patties

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- When oil is hot, cook beef patties until just cooked through, 4-5 minutes each side.
- In the last 2 minutes of cook time, sprinkle over shredded Cheddar cheese, then cover the pan with a lid (or foil) until cheese is melted.
- Meanwhile, roughly chop baby spinach leaves. Thinly slice white turnip.
- In a second medium bowl, combine shredded cabbage mix, baby spinach, turnip and remaining Dijon mustard. Drizzle with olive oil and white wine vinegar, toss to combine and season to taste.



Get prepped

- Meanwhile, combine mayonnaise, the honey and 1/2 the Dijon mustard in a small bowl. Set aside.
- In a medium bowl, combine beef mince, fine breadcrumbs, the egg and Aussie spice blend, then season. Using damp hands, shape beef mixture into evenly sized patties. You should get 1 patty per person.

TIP: Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.



Serve up

- Divide cheesy beef patties, sesame carrot fries and slaw between plates.
- · Serve with honey mustard mayo.

Enjoy!