



# Bunless Beef 'Burger' Bowl

with Tomato Chutney & Avocado-Pepita Salad



Add a lemon oregano flavour to beef patties



Sweet Potato



Garlic



Avocado



Cos Lettuce



Beef Mince



Lemon Oregano Spice Blend



Fine Breadcrumbs



Pepitas



Tomato Chutney

Pantry Staples



Olive Oil



Egg



Soy Sauce



Balsamic Vinegar

Hands-on: 25 mins  
Ready in: 40 mins

You: I want to be healthy tonight, but I'm just craving a burger and fries!

Us: Say no more.

Enjoy this bunless burger bowl- complete with avocado salad and tomato chutney, hold the guilt.

# BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, oven tray** lined with **baking paper, large bowl, wooden spoon, plate, large frying pan, spatula** and a **medium bowl**.



## 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 2 cm thick wedges. Peel and finely grate the **garlic**. Dice the **avocado** into 1 cm cubes. **TIP:** Dice the avocado into cubes while still in the skin, then scoop the cubed flesh out with a spoon. Finely chop the **cos lettuce**.



## 2 COOK SWEET POTATO WEDGES

Place the **sweet potato** on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a generous **pinch** of **salt** and **pepper**. Toss to coat and arrange in a single layer. Place in the oven to bake for **25-30 minutes**, or until golden and tender.



## 3 MAKE THE BEEF PATTIES

While the sweet potato is cooking, place the **beef mince, garlic, lemon oregano spice blend, fine breadcrumbs, egg** and **soy sauce** in a large bowl. Season with a generous **pinch** of **salt** and **pepper** and combine the ingredients using clean hands or a wooden spoon. Shape the mince into 2 cm thick patties (two per person) and set aside on a plate.



## 4 COOK THE BEEF PATTIES

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **beef patties** and cook for about **4 minutes** on each side, or until just cooked through. **TIP:** The burgers are cooked when they are no longer pink in the middle.



## 5 MAKE THE SALAD

While the beef patties are cooking, place the **avocado, cos lettuce** and **pepitas** in a medium bowl. Add the **balsamic vinegar** and a **good drizzle** of **olive oil** and toss to coat. Season to taste with a **pinch** of **salt** and **pepper**.



## 6 SERVE UP

Divide the avocado-pepita salad, the sweet potato wedges and the beef patties between bowls. Serve the **tomato chutney** on the side.

*Enjoy!*

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
garlic	2 cloves	4 cloves
avocado	1	2
cos lettuce	1 head	2 heads
beef mince	1 packet	2 packets
lemon oregano spice blend	½ sachet (2 tsp)	1 sachet (1 tbs)
fine breadcrumbs	1 packet (½ cup)	2 packets (1 cup)
egg*	1	2
soy sauce*	1 tbs	2 tbs
pepitas	1 sachet (2 tbs)	2 sachets (4 tbs)
balsamic vinegar*	2 tsp	1 tbs
tomato chutney	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3310kJ (791Cal)	566kJ (135Cal)
Protein (g)	44.1g	7.5g
Fat, total (g)	36.1g	6.2g
- saturated (g)	9.5g	1.6g
Carbohydrate (g)	69.7g	11.9g
- sugars (g)	23.6g	4.0g
Sodium (g)	720mg	123mg

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