



Caribbean Beef Burger & Fries

with Mango & Corn Salsa

Grab your Meal Kit
with this symbol



Potato



Tomato



Coriander



Sweetcorn



Mango
Mayonnaise



Beef Mince



Mild Caribbean
Jerk Seasoning



Fine
Breadcrumbs



Bake-At-Home
Burger Buns



Mixed Salad
Leaves



Hands-on: **20-30 mins**
Ready in: **30-40 mins**

This classic burger becomes next-level-delicious with the addition of Caribbean flavours and a creamy mango and corn salsa. With crisp veggies and golden fries, we're tipping it'll become your new burger craving!

Pantry items

Olive Oil, Egg

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
coriander	1 bag	1 bag
sweetcorn	1 tin (125g)	1 tin (300g)
mango	1 packet (50g)	1 packet (100g)
mayonnaise	1 small packet	1 medium packet
beef mince	1 sachet	2 sachets
mild Caribbean jerk seasoning	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
egg*	1	2
bake-at-home burger buns	2	4
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3730kJ (891Cal)	602kJ (143Cal)
Protein (g)	47.8g	7.7g
Fat, total (g)	39g	6.3g
- saturated (g)	11g	1.8g
Carbohydrate (g)	81g	13.1g
- sugars (g)	13g	2.1g
Sodium (mg)	1698mg	274mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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 the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.

2



Make the mango & corn salsa

While the fries are baking, thinly slice the **tomato**. Finely chop the **coriander**. Drain the **sweetcorn**. Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a large bowl. Add the **coriander** and **mango mayonnaise** and stir to combine.

TIP: Cover the pan with a lid if the corn kernels are "popping" out. "

3



Make the patties

In a large bowl, combine the **beef mince**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** (see ingredients), the **salt** and **egg**, then season with **pepper**. Shape the burger mixture into evenly sized patties (1 patty per person), slightly larger than a burger bun.

4

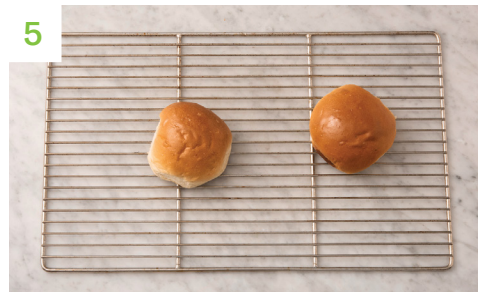


Cook the patties

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **patties** until just cooked through, **4-5 minutes** each side. Reduce the heat to medium if the patties are browning too quickly.

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

5



Heat the burger buns

While the patties are cooking, place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.

6



Serve up

Slice the burger buns in half and top with the mango and corn salsa, beef patty, sliced tomato and **mixed salad leaves**. Serve with the fries and any remaining mango and corn salsa.

Enjoy!