



Cheeseburger-Style Beef Loaded Wedges

with Caramelised Onion & Tomato Salsa

Grab your Meal Kit with this symbol



Potato



Vegetable Stock Powder



Sesame Seeds



Brown Onion



Carrot



Tomato



Sweetcorn



Beef Mince



Dijon Mustard



Tomato Paste



Aussie Spice Blend



BBQ Sauce



Shredded Cheddar Cheese

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Now you can get the much-loved flavours of a cheeseburger on top of golden roasted wedges! Cheesy, juicy and loaded with flavour, each bite will take you to your happy place!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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	3	6
vegetable stock powder	1 medium sachet	1 large sachet
sesame seeds	1 medium packet	1 large packet
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
water* (for the onion)	2 tsp	4 tsp
brown sugar*	1 tbs	2 tbs
carrot	1	2
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
Dijon mustard	1 packet (15g)	2 packets (30g)
tomato paste	1 packet	2 packets
water* (for the beef)	½ cup	1 cup
Aussie spice blend	1 sachet	2 sachets
BBQ sauce	1 packet (40g)	1 packet (100g)
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3186kJ (761Cal)	391kJ (93Cal)
Protein (g)	48g	5.9g
Fat, total (g)	25.7g	3.2g
- saturated (g)	11.6g	1.4g
Carbohydrate (g)	76.3g	9.4g
- sugars (g)	33.6g	4.1g
Sodium (mg)	1908mg	234mg

The quantities provided above are averages only.

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.



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges and place on a lined oven tray. Sprinkle with the **vegetable stock powder** and **sesame seeds**. Season with **pepper** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



Cook the beef

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, **corn** and **carrot**, breaking the mince up with a spoon, until just browned, **4-5 minutes**. Add the **Dijon mustard**, **tomato paste**, **water (for the beef)** and **Aussie spice blend** and cook until slightly reduced, **2-3 minutes**. Season to taste.



Caramelize the onion

While the wedges are baking, thinly slice the **brown onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **3-5 minutes**. Reduce heat to medium. Add the **balsamic vinegar**, **water (for the onion)** and **brown sugar** and stir to combine. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl and set aside.



Season the tomato

While the beef is cooking, combine the **tomato** and a drizzle of **olive oil** in a small bowl. Toss to combine and season to taste.



Get prepped

While the onion is caramelising, grate the **carrot**. Finely chop the **tomato**. Drain the **sweetcorn**.



Serve up

Divide the sesame wedges between plates and top with the cheeseburger beef, caramelised onion and sprinkle over the **shredded Cheddar cheese**. Top with the tomato. Serve with the **BBQ sauce**.

Enjoy!