



Easy Bunless Beef Cheeseburger Bowl

with Veggie Fries, Spinach Slaw & Dijon Mustard Drizzle

NEW



Grab your Meal Kit with this symbol



Carrot



Zucchini



Fine Breadcrumbs



Aussie Spice Blend



Baby Spinach Leaves



Mayonnaise



Dijon Mustard



Beef Mince



Shredded Cheddar Cheese



Shredded Cabbage Mix



Diced Bacon

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart

This deconstructed burger bowl is all the rage, packed with shredded cabbage mix, veggie fries and a cheesy beef patty to top it all off. Drizzle it with Dijon mayo and dive into this one with a knife and fork!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Egg, Vinegar (White Wine or Balsamic)

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash.

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
mayonnaise	1 medium packet	1 large packet
Dijon mustard	1 medium packet	2 medium packets
honey*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Aussie spice blend	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2278kJ (544Cal)	519kJ (124Cal)
Protein (g)	40g	9.1g
Fat, total (g)	32.5g	7.4g
- saturated (g)	10.9g	2.5g
Carbohydrate (g)	22g	5g
- sugars (g)	11.4g	2.6g
Sodium (mg)	1103mg	251mg
Dietary Fibre (g)	8.1g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2668kJ (638Cal)	551kJ (132Cal)
Protein (g)	46.7g	9.6g
Fat, total (g)	39.4g	8.1g
- saturated (g)	13.5g	2.8g
Carbohydrate (g)	22.8g	4.7g
- sugars (g)	11.9g	2.5g
Sodium (mg)	1535mg	317mg
Dietary Fibre (g)	8.1g	1.7g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the fries

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

3



Cook the patties

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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) and cook until melted.
- Meanwhile, roughly chop **baby spinach leaves**.
- In a second medium bowl, combine **shredded cabbage mix** and a drizzle of **vinegar** and **olive oil**. Toss to combine and season to taste.

2



Get prepped

- While the fries are baking, combine **mayonnaise**, **Dijon mustard** and a drizzle of **honey** in a small bowl. Set aside.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **egg** and **Aussie spice blend** and season. Shape the **beef mince mixture** into evenly sized patties (1 per person).

Custom Recipe: If you've added diced bacon, heat a large frying pan with a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up bacon with a spoon, until golden, 4-6 minutes. Transfer to a bowl.

4



Serve up

- Divide the cheesy beef patties, veggie fries and slaw between bowls.
- Drizzle with Dijon mayo to serve. Enjoy!

Custom Recipe: Top burger bowl with bacon bits.

Rate your recipe

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