

Easy Beef Burger & Parmesan Fries

with Creamy Pesto

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Tomato



Beef Mince



Garlic Paste



Fine Breadcrumbs



Nan's Special Seasoning



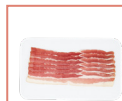
Bake-At-Home Burger Buns



Mixed Salad Leaves



Creamy Pesto Dressing



Bacon

Hands-on: **10-20 mins**
Ready in: **30-40 mins**

This juicy burger has hints of garlic, paprika and pepper and is sure to hit the spot. Make it in four simple steps, and try not to eat all the fancy fries before you plate up.



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

Pantry items

Olive Oil, Egg, Balsamic 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
tomato	1	2
beef mince	1 small packet	1 medium packet
garlic paste	1 packet	2 packets
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
egg*	1	2
bake-at-home burger buns	2	4
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)
bacon**	1 packet (100g)	2 packets (200g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4144kJ (990Cal)	702kJ (167Cal)
Protein (g)	51.9g	8.8g
Fat, total (g)	48.7g	8.2g
- saturated (g)	14.4g	2.4g
Carbohydrate (g)	79.3g	13.4g
- sugars (g)	8.7g	1.5g
Sodium (mg)	1253mg	212mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4653kJ (1112Cal)	726kJ (173Cal)
Protein (g)	60.3g	9.4g
Fat, total (g)	58.7g	9.2g
- saturated (g)	18.4g	2.9g
Carbohydrate (g)	79.6g	12.4g
- sugars (g)	8.7g	1.4g
Sodium (mg)	1703mg	266mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW04

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, sprinkle **grated Parmesan cheese** over fries, then bake until golden and crispy, **5 minutes**.
- Meanwhile, thinly slice **tomato**.

TIP: If your oven tray is crowded, divide the fries between two trays.

3



Prep the salad & buns

- While patties are cooking, combine a drizzle of **olive oil** and **balsamic vinegar** in a medium bowl. Season, then add **mixed salad leaves**. Toss to coat.
- When patties have **3 minutes** remaining, place **bake-at-home burger buns** directly on wire rack in oven. Bake until heated through, **3 minutes**.

2



Cook the patties

- While fries are baking, combine **beef mince**, **garlic paste**, **fine breadcrumbs**, **Nan's special seasoning** and **egg**.
- Season **beef mixture** with **salt** and **pepper**, then shape into patties (one per person) slightly larger than the burger buns. Transfer to a plate.
- When fries have **15 minutes** remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **patties** until just cooked through, **4-5 minutes** each side.

CUSTOM RECIPE

If you've added bacon, before cooking patties, cook bacon, turning, until golden, 4-5 minutes. Transfer to a plate. Continue as above.

4



Serve up

- Slice burger buns in half, then spread the bases with **creamy pesto dressing**. Top with a beef patty, tomato slices and salad.
- Serve with Parmesan fries.

CUSTOM RECIPE

Add bacon to the burger and serve as above.

Enjoy!