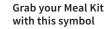
# Garlic & Herb Beef Burger

with Fries & Peppercorn Aioli













Potato





Tomato

Black Peppercorns



Garlic & Herb



Seasoning

Fine Breadcrumbs



Bake-At-Home



**Burger Buns** 



Garlic Aioli



Beef Mince



**Grated Parmesan** Cheese

Olive Oil, Balsamic Vinegar, Brown Sugar, 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  $\cdot$  Large frying pan with a lid

# Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
brown onion	1	2	
balsamic vinegar*	1 tbs	2 tbs	
brown sugar*	1 tbs	2 tbs	
tomato	1	2	
black peppercorns	1 medium sachet	1 large sachet	
garlic aioli	1 medium packet	1 large packet	
beef mince	1 small packet	1 medium packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
egg*	1	2	
fine breadcrumbs	1 medium packet	1 large packet	
grated Parmesan cheese	1 packet (30g)	2 packets (60g)	
bake-at-home burger buns	2	4	
spinach & rocket mix	1 small bag	1 medium bag	

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kj)	4192kJ (1001Cal)	621kJ (148Cal)
Protein (g)	53.3g	7.9g
Fat, total (g)	42.9g	6.4g
- saturated (g)	13.2g	2g
Carbohydrate (g)	94.2g	14g
- sugars (g)	19.1g	2.8g
Sodium (mg)	1130mg	167mg

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 fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Bake until tender, 20-25 minutes.

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



## Caramelise the onion

- Meanwhile, thinly slice brown onion.
- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook onion, stirring, until softened. 5-6 minutes.
- Add the balsamic vinegar, the brown sugar and a splash of water. Mix well. Cook until dark and sticky, 3-5 minutes. Transfer to a small bowl.



# Get prepped

- While the onion is cooking, thinly slice tomato.
- Lightly crush black peppercorns with a mortar and pestle or in their packet using a rolling pin.
- In a second small bowl, combine garlic aioli and crushed peppercorns.

**Little cooks:** Have a go at crushing the peppercorns and combining the ingredients for the aioli.



# Make the patties

- In a large bowl, combine beef mince, garlic & herb seasoning, the egg and fine breadcrumbs.
   Season with salt and pepper.
- Shape mixture into evenly sized patties (1 per person) slightly larger than a burger bun.

**TIP:** Make a shallow indent in the centre of each patty to prevent it from puffing up as it cooks.

**Little cooks:** Join the fun by combining the ingredients and shaping the mixture into patties! Make sure to wash your hands well afterwards.



## Cook the patties

- Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. When oil is hot, cook patties until just cooked through,
   4-5 minutes each side.
- In the last 1-2 minutes of cook time, sprinkle grated Parmesan cheese over patties, then cover with a lid so the cheese melts.
- Meanwhile, place bake-at-home burger buns on a wire rack in the oven. Bake until heated through, 3 minutes.



## Serve up

- Slice burger buns in half.
- Spread each bun with a layer of peppercorn aioli.
  Top with a garlic and herb beef patty, tomato slices, caramelised onion and a handful of spinach & rocket mix.
- Divide burgers between plates. Serve with fries and remaining peppercorn aioli. Enjoy!

**Little cooks:** Take the lead and help build the burgers!



We need your expertise! Let our Culinary team know what you thought: hellofresh.com.au/rate



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