



Cheesy Beef Bunless Burger Bowl

with Rainbow Slaw & Burger Sauce

Grab your Meal Kit with this symbol



Garlic



Spring Onion



Sweetcorn



Beef Mince



All-American Spice Blend



Fine Breadcrumbs



Shredded Cheddar Cheese



Slaw Mix



Burger Sauce



Coriander

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

Carb Smart

Want a low-carb way to serve up a burger? How about this fun and fresh beef burger bowl! With loads of slaw and burger sauce to top it all off, this combo of ingredients will satisfy your burger cravings.

Pantry items

Olive Oil, Egg, White Wine 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

Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
spring onion	2 stems	4 stems
sweetcorn	½ tin	1 tin
beef mince	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
salt*	¼ tsp	½ tsp
egg*	1	2
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
slaw mix	1 bag (200g)	1 bag (400g)
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2919kJ (697Cal)	731kJ (174Cal)
Protein (g)	42.6g	10.7g
Fat, total (g)	42.3g	10.6g
- saturated (g)	17.1g	4.3g
Carbohydrate (g)	30g	7.5g
- sugars (g)	10.6g	2.7g
Sodium (mg)	1454mg	364mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Char the corn

- Finely chop **garlic**. Thinly slice **spring onion**. Drain **sweetcorn** (see ingredients).
- Heat a large frying pan over a high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

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

3



Cook the patties

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **beef patties** until just cooked through, **4-5 minutes** each side.
- In the last **1-2 minutes** of cook time, sprinkle **shredded Cheddar cheese** over patties and cover with a lid (or foil) so cheese melts.

2



Make the beef patties

- In a medium bowl, combine **beef mince**, **All-American spice blend**, **fine breadcrumbs**, **garlic**, the **salt** and **egg**.
- Shape **beef mixture** into evenly sized patties. You should get 2 patties per person.

TIP: Make a shallow indentation in the centre of each patty to help prevent it puffing up as it cooks.

4



Serve up

- Add **slaw mix**, spring onion and a drizzle of **white wine vinegar** and **olive oil** to charred corn. Toss to combine. Season to taste.
- Divide rainbow slaw between bowls and top with cheesy beef patties.
- Dollop with **burger sauce** and garnish with torn **coriander** to serve.

Enjoy!