



# Cheesy Bunless Beef Burgers

with Sesame Veggie Fries & Honey Mustard Mayo

Grab your Meal Kit with this symbol



Carrot



Parsnip



Sesame Seeds



Mayonnaise



Dijon Mustard



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Shredded Cheddar Cheese



Baby Spinach Leaves



Shredded Cabbage Mix

Hands-on: **15-25 mins**  
 Ready in: **25-35 mins**

Calorie Smart

Everyone loves a good burger and fries every now and then, or on the regular for some. That's why we are bringing you these guilt-free and low-carb bunless beef "burgers". All the fun, just packed with nutritious and wholesome alternatives!

### Pantry items

Olive Oil, Honey, 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

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	2	4
parsnip	1	2
sesame seeds	1 sachet	1 sachet
mayonnaise	1 packet (40g)	1 packet (100g)
Dijon mustard	2 packets (30g)	4 packets (60g)
honey*	1 tsp	2 tsp
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
Aussie spice blend	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2690kJ (643Cal)	477kJ (114Cal)
Protein (g)	44.7g	7.9g
Fat, total (g)	33.3g	5.9g
- saturated (g)	10.1g	1.8g
Carbohydrate (g)	43g	7.6g
- sugars (g)	18.7g	3.3g
Sodium (mg)	1370mg	243mg
Dietary Fibre (g)	10g	1.9g

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](https://hellofresh.co.nz/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.co.nz/contact](https://hellofresh.co.nz/contact)

2021 | CW35

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **parsnip** into fries.
- Place **carrot** and **parsnip** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **sesame seeds** 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 a 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 pan with a lid (or foil) until cheese is melted.
- Meanwhile, roughly chop **baby spinach leaves**.
- In a second medium bowl, combine **shredded cabbage mix**, **baby spinach** and remaining **Dijon mustard**. Drizzle with **olive oil** and **white wine vinegar**, toss to combine and season to taste.

2



## Get prepped

- Meanwhile, combine **mayonnaise**, 1/2 the **Dijon mustard** and the **honey** in a small bowl. Set aside.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **egg** and **Aussie spice blend**, then season.
- Shape **beef mixture** into evenly sized patties. You should get 1 patty per person.

4



## Serve up

- Divide cheesy beef patties, sesame veggie fries and slaw between plates.
- Serve with honey mustard mayo.

## Enjoy!