



Crispy Cheddar Beef Burger

with Caramelised Onion Jam



Add a crunch-factor to your burger with a Cheddar-crisp



Red Onion



Beef Mince



Italian Herbs



Cheddar Cheese



Wholemeal Bake-At Home Burger Buns



Tomato



Rocket Leaves

Pantry Staples



Olive Oil



Balsamic Vinegar



Warm Water



Brown Sugar



Butter

Hands-on: 15 mins
Ready in: 20 mins

There's not much to say about this burger really. Besides, why talk when you can take an enormous bite of this super indulgent burger, complete with crispy cheese and onion jam!

BEFORE YOU START

You will need: **chef's knife, chopping board, medium bowl, medium frying pan, wooden spoon, small bowl, aluminium foil, box grater, oven tray** lined with **baking paper, spatula** and **bread knife**. Let's start cooking the **Crispy Cheddar Beef Burger with Caramelised Onion Jam**



1 GET PREPPED

Preheat oven to **200°C/180°C fan-forced**. Finely slice the **red onion**.



2 PREPARE THE BEEF PATTIES

Combine the **beef mince** and **Italian herbs** in a medium bowl and season with **salt** and **pepper**. Shape the beef mixture into two patties (about the size of your burger buns). Set aside.



3 PREPARE THE ONION JAM

Heat **1/2** of the **olive oil** in a medium frying pan over medium-high heat. Add the **red onion** and cook, stirring, for **5-6 minutes**, or until soft. Add the **balsamic vinegar** (caution: vinegar emits a strong vapour), **warm water** and **brown sugar**, and simmer until the liquid is nearly evaporated and the mixture is slightly sticky. Season with **salt** and **pepper**. Transfer to a small bowl and set aside, covered with aluminium foil.



4 PREP THE CHEESE AND BUNS

Burgers are always better with a cheese AND crunch. Grate the **Cheddar cheese**. Place the cheese in two even piles (about the same diameter of your burger patties) on the prepared baking tray. Bake in the oven for **10 minutes**, or until the **cheese** is melted in the middle and crisp at the edges (watch it doesn't burn!). Place the **wholemeal bake-at home burger buns** on the edge of the tray in the last **5 minutes** to heat through. Remove the tray from the oven and set aside until ready to serve.



5 COOK THE BEEF PATTIES

Meanwhile, heat the **remaining olive oil** in same pan over a high heat. Add the beef patties and cook for **4-5 minutes** on each side, or until browned and cooked through. Thinly slice the **tomato**.



6 SERVE UP

Slice open the **wholemeal bake-at home burger buns** and **butter** lightly (optional). Place the beef patties, caramelised onion jam, **tomato**, a handful of **rocket leaves** and a Cheddar-crisp inside each bun. Serve the **remaining rocket** on the side drizzled with some **olive oil**.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
red onion	1	2
beef mince	1 packet	2 packets
Italian herbs	1 sachet (2 tsp)	2 sachets (4 tsp)
olive oil*	1 tbs	2 tbs
balsamic vinegar*	3 tsp	1 ½ tbs
warm water*	3 tsp	1 ½ tbs
brown sugar*	1 tsp	2 tsp
Cheddar cheese	1 block (50g)	2 blocks (100g)
wholemeal bake-at home burger buns	2	4
tomato	1	2
butter* (optional)	2 tsp	1 tbs
rocket leaves ☺	½ bag	1 bag

*Pantry Items | ☺ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280	466
Protein (g)	38.1	7.8
Fat, total (g)	28.4	5.8
- saturated (g)	12.1	2.5
Carbohydrate (g)	33.3	6.8
- sugars (g)	9.6	2
Sodium (g)	604	123

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BALSAMIC GLAZED CHICKEN

with Roast Potatoes & Beetroot



Master a simple balsamic-onion glaze



Potatoes



Beetroot



Thyme



Red Onion



Garlic



Free Range Chicken Breast



Rocket Leaves

Pantry Staples



Olive Oil



Balsamic Vinegar



Water



Brown Sugar

Hands-on: 20 mins
Ready in: 50 mins

Eat Me Early

This rich and tasty glazed chicken is sure to delight your tastebuds, along with crispy roast veggies and fresh, sharp rocket.

BEFORE YOU START

You will need: **chef's knife, chopping board, garlic crusher, oven tray lined with baking paper, medium ovenproof dish, medium frying pan, tongs, plate, aluminium foil, medium saucepan** and **wooden spoon**. Let's start cooking the **Balsamic Glazed Chicken with Roast Potatoes & Beetroot**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into quarters. Slice the **beetroot** into 2cm wedges (pop some gloves on so your hands don't stain). Pick the **thyme** leaves. Finely slice the **red onion**. Peel and crush the **garlic**.



2 ROAST THE VEGGIES

Add the **potato, beetroot, 1/3 of the olive oil** and half the **garlic** to the prepared oven tray. Season with **salt** and **pepper** and toss to coat. Bake for **30-35 minutes**, or until lightly golden.



3 PREPARE THE GLAZE

Meanwhile, in a medium ovenproof dish add the **thyme, red onion, balsamic vinegar, water, brown sugar, remaining garlic** and **1/3 of the olive oil**. Set aside.



4 COOK THE CHICKEN

Heat the **remaining olive oil** in a medium frying pan over a medium-high heat. Add the **chicken breast** and cook for **2-3 minutes** on each side, or until golden. Transfer the **chicken** to the ovenproof dish containing the balsamic-onion mix. Season with **salt** and **pepper** and toss to coat. Bake for **10-15 minutes**, or until the chicken is cooked through. Once cooked, transfer the chicken to a plate and cover with aluminium foil.



5 MAKE THE GLAZE

Transfer the **balsamic-onion** from the dish to a **medium saucepan** and simmer over a **medium heat** for **6-8 minutes**, or until most of the liquid has evaporated and the onions have become dark and shiny.

If you love this glaze and wish to make it again on another day, simply pan-fry the red onion with a little olive oil for 3-4 minutes on medium heat until softened. Stir through the thyme, balsamic vinegar, water, brown sugar, garlic and olive oil. Simmer for 6-8 minutes until the liquid has evaporated and the onions have become dark and shiny.



6 SERVE UP

Divide the potato, beetroot, chicken breast and **rocket leaves** between plates. Drizzle the chicken and **rocket leaves** with the balsamic-onion glaze.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
potatoes	400 g	800 g
beetroot	1	2
thyme	1 bunch	2 bunches
red onion ☺	½	1
garlic ☺	2 cloves	4 cloves
olive oil*	3 tbs	6 tbs
balsamic vinegar*	¼ cup	½ cup
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
free range chicken breast	2 fillets	4 fillets
rocket leaves ☺	½ bag	1 bag

*Pantry Items | ☺ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2630	481
Protein (g)	45.2	8.2
Fat, total (g)	31.4	5.7
- saturated (g)	6	1.1
Carbohydrate (g)	38.1	7
- sugars (g)	11.4	2.1
Sodium (g)	150	27

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ROAST AUTUMN LAMB

with Pea & Fetta Salad



Discover the pan-sear, stove top to oven method for cooking lamb



Sweet Potato



Lamb Rump



Sugar Snap Peas



Mint



Lemon



Baby Spinach Leaves



Slivered Almonds



Fetta Cheese

Pantry Staples



Olive Oil

Hands-on: 20 mins
Ready in: 30 mins

Why bless our cotton socks, we do believe it's autumn! In celebration, we've brought together the best of the best that's now in season. This gorgeous Australian lamb is perfectly tender, and we've paired it with melt in your mouth sweet potato and fresh sugar snap peas as far as the eye can see.

BEFORE YOU START

You will need: **chef's knife, chopping board, medium frying pan, tongs, oven tray** lined with **baking paper, plate, aluminium foil, kettle, zester**, small jar or **bowl**, medium heatproof **bowl** and **sieve**.
Let's start cooking the **Roast Autumn Lamb with Pea & Fetta Salad**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Cut **sweet potato** into 5 mm thick discs (leave the skin on).



2 SEAR THE LAMB

Heat a **lightly greased medium frying pan** over a **medium-high heat**. Season the **lamb rump** with **salt** and **pepper**. Add the **lamb** to the pan **fat-side down** and cook all sides for a total of **5 minutes**, or until browned (reduce the heat if the lamb is browning too quickly or if you prefer a lighter outside crust then reduce the time slightly). Transfer to one side of the prepared oven tray.



3 ROAST THE SWEET POTATO

Add the **sweet potato** discs to the other side of the tray and toss in $\frac{1}{2}$ of the **olive oil**. Season with **salt** and **pepper**. Place the tray in the oven for **20 minutes**, or until the lamb is cooked and the sweet potato is tender. Set the **lamb** aside on a plate and cover with foil to rest for **5 minutes**.



4 PREP THE SALAD

Meanwhile, bring a kettle full of water to the boil. Trim and destemming the **sugar snap peas**. Pick the **mint** leaves. Zest and juice the **lemon**. In a small jar or bowl combine the remaining **olive oil** and **lemon juice**. Place the **sugar snap peas** in a medium heatproof bowl, pour over the boiling water from the kettle and stand for **2 minutes**, or until just tender. Drain, refresh under cold water and return to bowl.



5 TOSS THE SALAD TOGETHER

Add the **baby spinach leaves, mint** leaves, **slivered almonds** and **lemon zest** to the bowl with the **sugar snap peas**. Crumble in the **fetta cheese**. Season with **salt** and **pepper**. Drizzle the dressing over salad and toss to coat well.



6 SERVE UP

Divide the salad, sweet potato discs and lamb between plates.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
sweet potato	400g	800g
lamb rump	1 portion	2 portions
olive oil	1 tbs	2 tbs
sugar snap peas	1 packet	2 packets
mint	1 bunch	2 bunches
lemon	$\frac{1}{2}$	1
baby spinach leaves	$\frac{1}{2}$ bag	1 bag
slivered almonds	1 packet (2 tbs)	2 packets (4 tbs)
fetta cheese	1 block (50g)	2 blocks (100g)

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2730	559
Protein (g)	39.2	8
Fat, total (g)	39.8	8.1
- saturated (g)	17.1	3.5
Carbohydrate (g)	31.9	6.5
- sugars (g)	13.2	2.7
Sodium (g)	417	85

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BEEF HOKKIEN NOODLES

with Asian Greens



Learn to cut carrots into matchsticks



Garlic



Ginger



Green Beans



Carrot



Baby Bok Choy



Coriander



Hoisin Sauce



Beef Strips



Hokkien Noodles

Pantry Staples



Salt-Reduced Soy Sauce



Olive Oil



Water



Hands-on: 20 mins
Ready in: 25 mins

Stop. Step away from the phone next time you get a craving for naughty noodles. They needn't be the domain of the greasy, sticky takeaway. This is a lightning fast combination of bright veggies, tender beef and Hokkien noodles along with the feel good factor of cooking a healthy meal from scratch.

BEFORE YOU START

You will need: **chef's knife, chopping board, garlic crusher, fine grater, small bowl, large frying pan, wooden spoon** and **plate**. Let's start cooking the **Beef Hokkien Noodles with Asian Greens**



1 GET PREPPED

Peel and crush the **garlic**. Peel and finely grate the **ginger**. **+** Peel and cut the **carrot** into matchsticks. To do this, trim the top of the **carrot** and cut in half widthways. Next, cut a thin slice from one side of the **carrot** and set the **carrot** this side down on a chopping board (this will hold the carrot steady while you slice). Next, cut the length of the **carrot** into thin slices 0.3cm thick. Stack all the slices on top of each other, then cut through the layers to create matchsticks. Trim the ends of the **green beans**. Roughly chop the **baby bok choy**. Pick the **coriander** leaves.



4 STIR-FRY THE VEG

Heat the **remaining olive oil** in the same pan over a high heat and add the **green beans, carrot, and baby bok choy**. Cook, stir frying, for **1-2 minutes** until bright coloured and tender.



2 PREP THE SAUCE

Combine the **garlic, ginger, hoisin sauce, salt-reduced soy sauce, 1/2 the olive oil** and **water** together in a small bowl. Set aside.



5 COMBINE THE INGREDIENTS

Add the hoisin sauce mixture, **beef** and Hokkien **noodles** to the same pan and cook, stir-frying, until all the ingredients are heated through.



3 STIR FRY THE BEEF

Heat a $\frac{1}{4}$ of the **remaining olive oil** in a large frying pan over a high heat. Cook the **beef strips** in three batches, stir frying, for **1-2 minutes**, or until browned. Remove the **beef** from the pan and set aside on a plate.

TIP: Cooking beef in batches on a high heat prevents stewing and ensures a tender result.



6 SERVE UP

Divide the beef, Hokkien noodles and veggies between plates. Garnish with the **coriander** leaves.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
garlic +	1 clove	2 cloves
ginger	1 knob	2 knobs
green beans	1 packet	2 packets
carrot	1	2
baby bok choy	1 bunch	2 bunches
coriander	1 bunch	2 bunches
hoisin sauce	1 tub (50g)	2 tubs (100g)
salt-reduced soy sauce*	1 tbs	2 tbs
olive oil*	2 tbs	4 tbs
water*	1 tbs	2 tbs
beef strips	1 packet	2 packets
Hokkien noodles	$\frac{3}{4}$ packet (265g)	1 $\frac{1}{2}$ packets (525g)

*Pantry Items | **+** Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990	479
Protein (g)	48	7.7
Fat, total (g)	24.5	3.9
- saturated (g)	5.3	0.8
Carbohydrate (g)	69	11.1
- sugars (g)	18.8	3
Sodium (g)	1110	178

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Jerk Chicken

with Caramelised Pineapple Salsa & Spinach Rice



Switch up a salsa with the addition of caramelised pineapple



Pineapple Slices



Red Onion



Long Red Chilli



Coriander



Baby Spinach Leaves



Jerk Seasoning



Free Range Chicken Thighs



Basmati Rice

Pantry Staples



Olive Oil



Water

Hands-on: 15 mins
Ready in: 25 mins

Eat Me Early

Jerk seasoning is such a party for your mouth, we had to step up every element of this lively dish. From caramelised pineapple salsa to spinach rice, each colourful bite is a delight.

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, two **medium bowls**, **medium frying pan**, **tongs** and **medium saucepan**. Let's start cooking the **Jerk Chicken with Caramelised Pineapple Salsa & Spinach Rice**



1 GET PREPPED

Drain the **pineapple slices** and reserve **juice**. Finely dice the **red onion**. Deseed the **long red chilli** and finely chop. Finely chop the **coriander** leaves. Roughly chop the **baby spinach leaves**.



2 MARINATE THE CHICKEN

In a medium bowl, combine the **jerk seasoning**, **chicken thigh** and half the **olive oil**. Season with **salt** and **pepper** and toss to coat. Set aside to marinate.



3 CARAMELISE THE PINEAPPLE

Heat a **medium frying pan** over a **medium high heat**. Add the **pineapple slices** and cook for **4 minutes** on each side, or until **lightly blackened**. Remove from the pan and roughly chop. Transfer to a second medium bowl and add the **red onion**, **long red chilli**, **coriander** leaves and a dash of the **pineapple juice**. Season with **salt** and **pepper** and set aside.



Frying pineapple slices over a heat means sugar caramelises and creates a sweet, sticky and even more delicious result than your standard pineapple. Adding the caramelised pineapple to a salsa creates a sweet and sour flavour sensation.



4 COOK THE SPINACH RICE

Meanwhile, rinse the **Basmati rice**. Add the rice and water to a medium saucepan and bring to the boil over a high heat. Reduce heat to low and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. In the last **2 minutes** of cooking add the **baby spinach leaves**. Drain and set aside.



5 COOK THE JERK CHICKEN

Heat the **remaining olive oil** in the medium frying pan over a medium high heat. Add the **chicken thigh** and cook for **4-5 minutes** on each side, or until golden and cooked through.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
pineapple slices	1 tin (225g)	2 tins (450g)
red onion	¼	½
long red chilli	½	1
coriander	½ bunch	1 bunch
baby spinach leaves	½ bag	1 bag
jerk seasoning	1 sachet (1 tbs)	2 sachets (2 tbs)
free range chicken thighs	1 packet	2 packets
olive oil*	2 tbs	4 tbs
Basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water*	3 cups	6 cups

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3040	475
Protein (g)	40.8	6.4
Fat, total (g)	27.4	4.6
- saturated (g)	6	0.9
Carbohydrate (g)	75.4	11.8
- sugars (g)	12.2	1.9
Sodium (g)	217	34

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