

# Homemade Beef and Carrot Burgers

with Sweet Potato Fries

**hellóchef**

There's nothing like a homemade burger with healthier chips!

Cals 1258 • Prot 50 • Carbs 110 • Fat 70

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 35 min

R2141



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Patties	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Red onion	1	1	2	Piece
Garlic cloves	3	5	6	Piece
Carrot	1	1	2	Piece
Organic Eggs 5*	1	2	2	Piece
Dried oregano	2	2	2	Grams
Dried basil	2	4	4	Grams
Dried thyme	2	2	2	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Grated cheddar 4*	60	90	120	Grams
Olive oil	1	2	2	Tbsp
Sweet potato fries				
Sweet potatoes	600	800	1200	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
To serve				
Burger bun 3*, 4*, 10*, 11*	2	3	4	Piece
Iceberg lettuce	1	1	1	Piece
Tomatoes	1	2	3	Piece
Gherkins	40	60	80	Grams

Allergens

\*5 Eggs, \*6 Fish, \*11 Gluten, \*4 Milk, \*3 Sesame Seeds, \*10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	5264 / 1258
Fat (g)	69.5
of which saturates (g)	30.2
Carbohydrate (g)	110
of which sugars (g)	24.3
Fiber (g)	17.2
Protein (g)	50.3
Salt (g)	3.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make fries

Preheat the oven to 225°C. Scrub and slice your **sweet potatoes** to chips. Lay on a lined baking tray. Season with **salt** and drizzle with **olive oil**. Roast in the oven for about 25–30 minutes.



2 Make patties

Peel and **mince onion** and **garlic**. Soften on a pan, in a bit of **oil**, for 5 minutes. In a bowl, combine **beef mince**, softened **onion** and **garlic**, finely **grated carrot**, **eggs**, **oregano**, **basil**, **thyme**, **Worcestershire sauce**, **salt** and **pepper**. Massage well with your hands.



3 Form patties

Divide the mixture to large balls and flatten the balls to **burger** patties. Set aside.



4 Prep fillings

Wash and chop **lettuce**. Slice **tomatoes**. Have the cheese ready.



5 Fry patties

Heat **oil** in a large pan over medium-high heat. Fry patties for 5 minutes, then flip and fry for another 5 minutes. Cover with **grated** cheese and let it melt. Heat the **burger buns** and fill with **lettuce**, tomato and **burger** patties. Serve with pickled **gherkins** and **sweet** potato fries.