



Cheesy BBQ Plant-Based Burger with Wedges and Tangy Baby Gem Salad

Sunshine Dining 30-35 Minutes • Veggie

21



Potatoes



Mature Cheddar
Cheese



Baby Gem
Lettuce



Unconventional
Plant-Based Burger



Burger Bun



Burger Sauce



BBQ Sauce

Pantry Items

Oil, Salt, Pepper, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, grater, frying pan, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Baby Gem Lettuce**	1	2	2
Unconventional Plant-Based Burger** 11)	2	3	4
Burger Bun 13)	2	3	4
Burger Sauce 8) 9)	45g	75g	90g
BBQ Sauce	32g	48g	64g

Pantry	2P	3P	4P
Mayonnaise*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	464g 2958 /707	100g 637 /152
Fat (g)	34.2	7.4
Sat. Fat (g)	58.0	12.5
Carbohydrate (g)	74.3	16.0
Sugars (g)	10.5	2.3
Protein (g)	26.1	5.6
Salt (g)	2.63	0.57

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



Bake the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Warm the Buns

Just before everything's ready, halve the **burger buns**.

Transfer the **buns** to a medium baking tray and pop into the oven until warmed through, 2-3 mins.



Start Prepping

Meanwhile, grate the **Cheddar cheese**.

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.



Dress to Impress

Meanwhile, in a medium bowl, add the **baby gem** and **burger sauce** and toss together until well coated.



Fry your Burgers

When the **wedges** have 10-12 mins remaining, heat a drizzle of **oil** in large frying pan on medium-high heat.

Once hot, fry the **plant-based burgers** until browned, 3-4 mins on each side.

When the **burgers** are cooked, remove the pan from the heat. Carefully place the **cheese** on top of them.

Cover with a lid (or foil), then set aside, off the heat, to allow the **cheese** to melt, 3-4 mins.



Assemble and Serve

When everything's ready, spread the **mayo** (see pantry for amount) over the **bun bases** and **BBQ sauce** over the **lids**.

Top the **bases** with some **dressed baby gem** and a **cheeseburger**, then sandwich shut with the **bun lids**.

Serve your **burgers** with the **wedges** and remaining **baby gem salad** alongside.

Enjoy!