

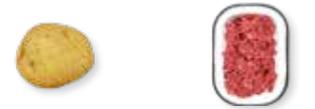


Cheese Burger

with Wedges and Balsamic Dressed Salad

N° 10

FAMILY Hands on Time: 10 Minutes • Total Time: 40 Minutes • 2 of your 5 a day



Baking Potato Beef Mince



Tomato Ketchup Panko Breadcrumbs



Hard Italian Style Grated Cheese Cheddar Cheese



Cucumber Carrot



Baby Gem Lettuce Honey



Balsamic Vinegar Burger Bun



Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need: Ingredients

	2P	3P	4P
Baking Potato	1 small pack	1 large pack	2 small packs
Beef Mince	240g	360g	480g
Tomato Ketchup 10)	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	25g	40g	50g
Hard Italian Style Grated Cheese 7) 8)	1 pack	1 pack	2 packs
Cheddar Cheese 7)	1 block	1½ blocks	2 blocks
Cucumber	½	¾	1
Carrot	1	1	2
Baby Gem Lettuce	1	1½	2
Honey	½	1	1
Balsamic Vinegar 14)	½ sachet	1 sachet	1 sachet
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Burger Bun 8) 11) 13)	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	706g	100g
Energy (kJ/kcal)	4460/1066	632/151
Fat (g)	51	7
Sat. Fat (g)	18	3
Carbohydrate (g)	106	15
Sugars (g)	18	3
Protein (g)	49	7
Salt (g)	1.91	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 10) Celery 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Cook the Wedges

Preheat your oven to 220°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!) and pop them on a baking tray. Drizzle with a good glug of **oil** and a large pinch of **salt**. Toss together, then spread out in a single layer and roast on the top shelf of your oven until golden and cooked through, 30 mins. Turn halfway through cooking.



4. Finish the Prep

Meanwhile, grate the **cheddar**. Trim the **cucumber** then quarter lengthways. Chop into small pieces. Trim the **carrot** and grate on the coarse side of your grater. Trim the root from the **baby gem lettuce** then separate the **leaves**. Put the **cucumber** into a bowl with the **carrot** and **gem leaves**. Keep to one side. Mix the **honey**, **balsamic vinegar** and **oil** (see ingredients for amount) together in a bowl with a pinch of **salt** and **pepper**. We will dress the salad later.



2. Make the Burgers

Meanwhile, pop the **beef mince** into a mixing bowl with the **ketchup**, **panko breadcrumbs**, **hard Italian cheese** and a pinch of **salt** and **pepper**. Mix together with your hands until completely combined, then squeeze and shape into **burger patties** (one per person) about 2cm thick. **TIP:** Make the burgers flatter than you want as they will fatten up and shrink as you cook them. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



5. Finish off

Once the **burgers** are cooked, distribute the **grated cheddar** evenly over the tops of the **burgers**. Cover your pan with a lid or some foil, remove from the heat and leave to the side to melt the **cheese**, 5 mins. Meanwhile, halve the **burger buns** and put them on the middle shelf of your oven to warm for 3-4 mins.



3. Fry the Burgers

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **burgers** and lower the heat to medium. Cook until browned on the outside and cooked through, turn carefully once or twice. This should take 12-14 mins in total. **IMPORTANT:** The burgers are cooked when they are no longer pink in the middle.



6. Garnish and Serve

Spread a dollop of **mayo** on the bottom of each **bun**. Top with a **burger** and the **bun** top. Serve with the **wedges** and **salad** (dress anyone's salad who wants it!).

Enjoy!