



Double Miso Beef Burger and Sticky Aubergine

with Caramelised Sweet Potato Wedges and Sesame Mayo Dressed Asian Style Slaw

STREET FOOD 45 Minutes • 3 of your 5 a day

N° 18



Bok Choy



Radish



Carrot



Garlic Clove



Burger Bun



Sweet Potato



Aubergine



Honey



Panko Breadcrumbs



Ginger Puree



Miso Paste



Beef Mince



Sesame Seeds



Mayonnaise



Soy Sauce

Before you start

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

Basic cooking tools, you will need:

Peeler, Fine Grater (or Garlic Press), Two Baking Trays, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Bok Choy**	1	1	2
Radish**	1 small pack	1 large pack	2 small packs
Carrot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Burger Bun 8 11 13	2	3	4
Sweet Potato**	2	3	4
Aubergine**	1	1	2
Honey	3 sachets	4 sachets	6 sachets
Panko Breadcrumbs 13	25g	40g	50g
Ginger Puree	1 sachet	1 sachet	2 sachets
Miso Paste 11	2 pots	3 pots	4 pots
Beef Mince**	360g	480g	720g
Sesame Seeds 3	1 small pot	1 small pots	1 small pots
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Water for the Mayo Dressing*	1 tbsp	1½ tbsp	2 tbsp
Soy Sauce 11 13	1 sachet	1 sachet	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	948g	100g
Energy (kJ/kcal)	5374/1285	567/136
Fat (g)	57	6
Sat. Fat (g)	15	2
Carbohydrate (g)	141	15
Sugars (g)	51	5
Protein (g)	54	6
Salt (g)	4.94	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **8)** Egg **9)** Mustard **11)** Soya **13)** Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep the Salad

Trim the **bok choy**, slice the green leaf from the stalk and set aside for later, then thinly slice the remainder widthways. Trim the **radishes** and thinly slice. Trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the centre, which you can discard. Pop the chopped **bok choy**, **radishes** and **carrot** in a bowl and set aside for later. Peel and grate the **garlic** (or use a garlic press). Halve the **burger buns**.



4. Make the Burgers

Pop the **panko breadcrumbs** in a bowl and add the **garlic**, **half** the **ginger puree** and **half** the **miso paste**. Mix together, then add the **beef mince**. Season with **salt** and **pepper** and mix together with your hands until well combined. Shape into **burgers** about 2cm thick, 2 per person. **IMPORTANT: Remember to wash your hands after handling raw meat!** Heat a frying pan on medium high heat (no oil). Once hot, add the **sesame seeds** and toast them until golden, 2-3 mins, stirring them regularly so they don't burn. Remove the **seeds** to a bowl, keeping the pan.



2. Get Prepped

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and set aside. Trim the **aubergine** and slice into rounds 2cm wide. Pop on another baking tray in a single layer and drizzle with **oil**.



5. Cook the Burgers

Pop your pan back on medium high heat, add a drizzle of **oil**. Once hot, add the **burgers**, fry until browned on the outside and cooked through, 8-10 mins total. Carefully turn them every 3 mins, lower the heat if they are burning. **IMPORTANT: The burgers are cooked when no longer pink in the middle.** Remove to a plate and cover with foil. Meanwhile, add the **mayo** and **water** (see ingredients list for amount) to the **sesame seeds** along with the remaining **ginger puree**. Stir together. Put the remaining **miso**, remaining **honey** and **soy sauce** into another bowl and stir together.



3. Roast!

Roast the **potatoes** on the top shelf and the **aubergines** on the middle until the **potatoes** are nearly tender and the **aubergine** is soft and golden, 15-20 mins. Once the time is up, remove the **aubergine** from the oven and set aside, drizzle **two thirds** of the **honey** over the **sweet potato** and pop back into the oven until golden and tender, 10-15 mins more.



6. Finish and Serve

Pop your pan back on medium high heat and add the cooked **aubergine**. Pour in the **miso mixture** and turn the **aubergine** so it's coated in the **sauce**. Simmer until the **sauce** is sticky, 3-4 mins. Pop the **burger buns** in the oven to warm through, 2-3 mins. Meanwhile, add **half** the **mayo dressing** to the **radish**, **bok choy** and **carrot**, toss to coat. Serve one **burger** on the bottom of the **bun**, followed by a couple of slices of **aubergine**, another **burger** and some more **aubergine**. Finish with the **bok choy leaf**, a dollop of remaining **dressing** and the **bun lid**. Serve with the **wedges** and **salad**. **Enjoy!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.