



Naked Burger in Creamy Truffle Sauce with Chips, Tomato and Rocket

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories

26



Potatoes



Balsamic Vinegar



Medium Tomato



Garlic Clove



Panko Breadcrumbs



Beef Mince



Creme Fraiche



Chicken Stock Paste



Truffle Zest



Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, bowl, garlic press and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Balsamic Vinegar 14	12ml	18ml	24ml
Medium Tomato	1	1½	2
Garlic Clove**	2	3	4
Panko			
Breadcrumbs 13	10g	15g	20g
Beef Mince**	240g	360g	480g
Creme Fraiche** 7	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2555 /611	532 /127
Fat (g)	32.6	6.8
Sat. Fat (g)	16.0	3.3
Carbohydrate (g)	50.6	10.5
Sugars (g)	6.6	1.4
Protein (g)	34.8	7.3
Salt (g)	2.38	0.50

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

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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

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1 Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



4 Ready, Steady, Bake

Pop the **burgers** onto a large baking tray and bake on the middle shelf until cooked through, 12-15 mins. **IMPORTANT: The burgers are cooked when no longer pink in the middle.**



2 Get Prepped

Meanwhile, in a medium bowl, combine the **balsamic vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Cut the **tomato** into 2cm chunks and add to the **dressing**. Set aside.

Peel and grate the **garlic** (or use a garlic press).



5 Creamy Truffle Sauce Time

When the **chips** have 5 mins left to cook, in a small saucepan, heat the **creme fraiche**, **chicken stock paste** and **water for the sauce**. (see pantry for amount).

Stir to combine and bring to the boil, then reduce the heat to medium-low and simmer until slightly thickened, 3-4 mins.

Once thickened, stir the **truffle zest** through the **sauce**. Season to taste with **salt** and **pepper**, then remove from the heat. Add a splash of **water** if it's a little too thick.



3 Shape your Burgers

In a large bowl, combine the **garlic**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands.

Roll into even-sized balls, then shape into 1cm thick **burgers**, 1 per person. **TIP: The burgers will shrink a little during cooking. IMPORTANT: Wash your hands and equipment after handling raw mince.**



6 Assemble and Serve

When everything's ready, toss the **rocket leaves** through the **tomatoes** and **dressing**.

Transfer the **naked burgers** to your plates and spoon over the **creamy truffle sauce**.

Serve the **salad** and **chips** alongside.

Enjoy!



Weight Watchers