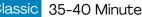


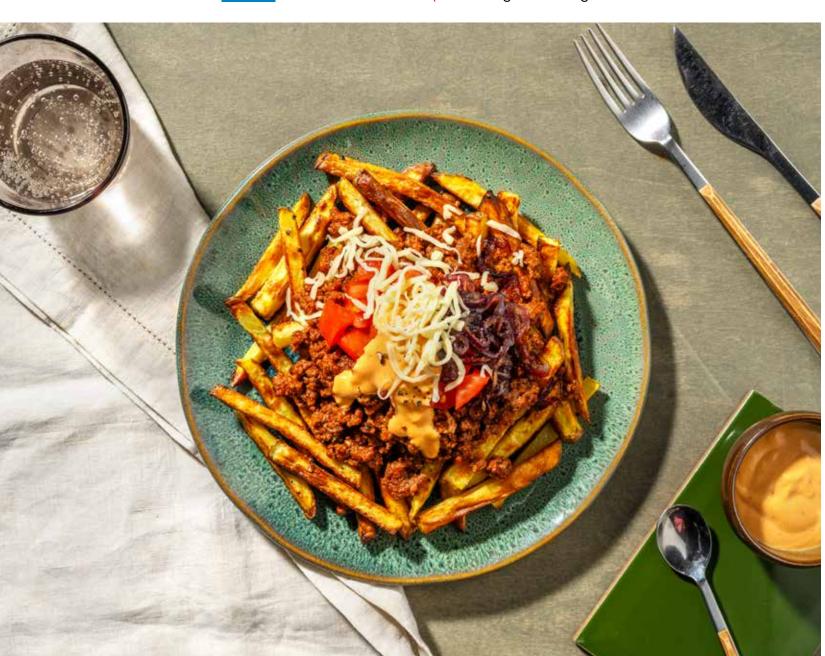
# Cheeseburger Loaded Fries

with Tomatoes, Caramelised Onion and Burger Sauce



Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day







Potatoes







Garlic Clove





Medium Tomato





Beef Stock Paste



**Burger Sauce** 

#### 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, garlic press, grater, frying pan and bowl. **Incredients** 

Ingredients	2P	3P	4P	
Potatoes	700g	1150g	1400g	
Red Onion**	1	1	2	
Garlic Clove**	2	3	4	
Mature Cheddar Cheese** <b>7</b> )	60g	80g	110g	
Medium Tomato	2	3	4	
Beef Mince**	240g	360g	480g	
Beef Stock Paste	10g	15g	20g	
Burger Sauce 8) 9)	45g	75g	90g	
Pantry	2P	3P	4P	
Sugar*	1 tsp	1½ tsp	2 tsp	
Water for the Sauce*	100ml	150ml	200ml	
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp	
*Not Included **Store in the Fridge				

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	730g	100g
Energy (kJ/kcal)	3472 /830	476/114
Fat (g)	39.6	5.4
Sat. Fat (g)	15.9	2.2
Carbohydrate (g)	81.4	11.2
Sugars (g)	18.7	2.6
Protein (g)	44.3	6.1
Salt (g)	2.83	0.39

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

#### Allergens

#### 7) Milk 8) Egg 9) Mustard

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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# Eyes on the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** 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, 30-35 mins. Turn halfway through.



# **Get Prepped**

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Grate the **cheese**. Cut the **tomatoes** into 1cm chunks.



#### Caramelise the Onions

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.

Transfer to a small bowl and cover to keep warm.



#### Cook the Beef

Wipe out the frying pan and return to medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper. IMPORTANT**: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Add the garlic to the pan, then fry for 1 min.



# Sauce Things Up

Add the **beef stock paste**, **water for the sauce** and **ketchup** (see pantry for both amounts) to the pan, then stir until combined.

Cook until the **beef** is glazed and the **sauce** has thickened, 2-4 mins.



### Load up and Serve

When everything's ready, share the **fries** between your plates.

Top with the **glazed beef**, **tomatoes** and **caramelised onions - fries** loaded!

Drizzle over the **burger sauce** and finish with a sprinkle of **cheese**.

Enjoy!