

Greek Inspired Lamb Burger and Wedges

with Greek Style Cheese and Pickled Onion

Sunshine Dining

30-35 Minutes









Garlic Clove

Potatoes



Red Wine Vinegar







Lemon & Herb Seasoning





Lamb Mince



Burger Bun



Wild Rocket



Greek Style Salad Cheese



Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

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 and garlic press.

Ingredients

Ingredients	2P	3P	4P		
Potatoes	450g	700g	900g		
Red Onion**	1/2	1/4	1		
Red Wine Vinegar 14)	12g	18g	24g		
Garlic Clove**	1	2	2		
Lemon & Herb Seasoning	1 sachet	1½ sachets	2 sachets		
Panko Breadcrumbs 13)	10g	15g	20g		
Lamb Mince**	200g	300g	400g		
Burger Bun 13)	2	3	4		
Wild Rocket**	20g	30g	40g		
Greek Style Salad Cheese** 7)	50g	75g	100g		
Beef Mince**	240g	360g	480g		
Pantry	2P	3P	4P		
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp		
Salt for the Breadcrumbs*	1/4 tsp	½ tsp	½ tsp		
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp		
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp		
*Not Included **Store in the Fridge					

Mutrition

NUCLICION			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	488g	100g	508g	100g
Energy (kJ/kcal)	3073/734	630/151	3383 /808	666/159
Fat (g)	31.0	6.4	37.1	7.3
Sat. Fat (g)	10.8	2.2	12.9	2.5
Carbohydrate (g)	82.1	16.8	81.0	15.9
Sugars (g)	11.5	2.4	11.5	2.3
Protein (g)	35.8	7.3	43.0	8.5
Salt (g)	2.64	0.54	2.71	0.53

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

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.

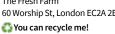
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Roast the Wedges

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 and season with salt and pepper. 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.



Pickle the Onion

While the wedges cook, halve, peel and slice the **red onion** as thinly as you can (see ingredients for amount).

Pop it into a small bowl and add the **red wine** vinegar and the sugar for the pickle (see pantry for amount). Add a pinch of salt, mix together and set aside to pickle.

Meanwhile, peel and grate the garlic (or use a garlic press).

TIP: Keep the other half of the red onion for another recipe.



Make and Shape

In a large bowl, combine the garlic, lemon & herb seasoning, breadcrumbs and the salt and water for the breadcrumbs (see pantry for both amounts), then add the lamb 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.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **lamb**, prep and cook the recipe in the same way.



Bake the Burgers

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



Finishing Touches

When the **burgers** and **wedges** are nearly ready, halve the **burger buns**. Pop them onto a baking tray and into the oven to warm through, 2-3 mins.

Strain the **liquid** from the **pickled onion** into a medium bowl. Add the **rocket** to the bowl and toss to coat in the **pickling liquid**. Taste and season with **salt** and **pepper** if needed.



Serve

When everything's ready, spread the mayo (see pantry for amount) over the bun bases. Top the bases with the lamb burgers and the pickled onion, then crumble the Greek style salad cheese on top. Sandwich shut with the **bun lids**.

Serve with the **wedges** and **rocket** alongside.

Enjoy!