



Greek Inspired Lamb Burger and Wedges

with Greek Style Cheese and Pickled Onion

Sunshine Dining 30-35 Minutes

5



Potatoes



Red Onion



Red Wine Vinegar



Garlic Clove



Lemon & Herb Seasoning



Panko Breadcrumbs



Lamb Mince



Burger Bun



Wild Rocket



Greek Style Salad Cheese



Beef Mince

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**	½	¼	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*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsps	3 tbsps	4 tbsps
Mayonnaise*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	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.

Contact

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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.



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.*



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.*



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.



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.



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!