



Classic Cheeseburger and Spiced Fries

with Burger Sauce and Balsamic Rocket Salad

Family 35-40 Minutes • Mild Spice

10



Potatoes



Central American
Style Spice Mix



Garlic Clove



Panko Breadcrumbs



Beef Mince



Mature Cheddar
Cheese



Burger Bun



Burger Sauce



Wild Rocket



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, garlic press, bowl and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	3
Panko Breadcrumbs 13	10g	15g	20g
Beef Mince**	240g	360g	480g
Mature Cheddar Cheese** 7	30g	40g	60g
Burger Bun 13	2	3	4
Burger Sauce 8 9	30g	45g	60g
Wild Rocket**	40g	60g	80g
Balsamic Glaze 14	12ml	18ml	24ml
Pantry	2P	3P	4P
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	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	3473 /830	734 /175
Fat (g)	43.3	9.2
Sat. Fat (g)	13.4	2.8
Carbohydrate (g)	74.0	15.6
Sugars (g)	10.0	2.1
Protein (g)	40.1	8.5
Salt (g)	2.42	0.51

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

Allergens

7) Milk **8)** Egg **9)** Mustard **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



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**, sprinkle over the **Central American spice mix** (add less if you'd prefer things milder) and season with **salt** and **pepper**.

Toss to coat, then 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.

4



Finish the Prep

Meanwhile, grate the **Cheddar cheese**.

Halve the **burger buns**.

2



Make the Burgers

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

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.

5



Cheese Please

Once cooked, carefully place the **cheese** on top of the **burgers** and pop back into the oven until the **cheese** has melted, 2-3 mins.

At the same time, add the **burger buns** to the bottom shelf of the oven to warm through, 2-3 mins.

3



Ready, Steady, Bake

Pop the **burgers** onto another baking tray.

About 15 mins before the **fries** are ready, bake the **burgers** on the middle shelf until cooked through, 12-15 mins. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.

6



Assemble and Serve

When everything's ready, spread the **mayonnaise** (see pantry for amount) over the **bun bases**.

Top with the **cheeseburgers**, then drizzle over the **burger sauce** and add a few **rocket leaves**. Sandwich shut with the **bun lids**.

Serve the **spiced fries** and the remaining **rocket** on the side. Drizzle the **balsamic glaze** over the **rocket** to finish.

Enjoy!