



Herby Burgers and Wedges with Parsley Tomato Salad

Family 40-45 Minutes • Air Fryer Friendly

2



Potatoes



Flat Leaf Parsley



Panko Breadcrumbs



Garlic Clove



Mixed Herbs



Beef Mince



Medium Tomato



Red Wine Vinegar



Burger Buns



Streaky Bacon

Recipe Update

Due to challenges with our supplier, you'll receive **medium tomato** instead of **baby plum tomatoes**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

CUSTOM RECIPE

If you chose to add or double up on 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, garlic press and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------|-----------|-----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Panko Breadcrumbs 13) | 10g | 25g | 25g |
| Garlic Clove** | 1 | 1 | 2 |
| Mixed Herbs | 1 sachet | 1 sachet | 2 sachets |
| Beef Mince** | 240g | 360g | 480g |
| Medium Tomato | 1 | 2 | 2 |
| Red Wine Vinegar 14) | 12g | 18g | 24g |
| Burger Buns 13) | 2 | 3 | 4 |
| Streaky Bacon** | 4 | 6 | 8 |
| Pantry | 2P | 3P | 4P |
| Salt for the Breadcrumbs* | ¼ tsp | ½ tsp | ½ tsp |
| Water for the Breadcrumbs* | 2 tbsps | 3 tbsps | 4 tbsps |
| Olive Oil for the Dressing* | 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 | Custom Recipe | |
|-------------------------|-------------|----------|---------------|----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 529g | 100g | 559g | 100g |
| Energy (kJ/kcal) | 3463 /828 | 655 /157 | 3820 /913 | 684 /163 |
| Fat (g) | 40.1 | 7.6 | 46.9 | 8.4 |
| Sat. Fat (g) | 10.6 | 2.0 | 13.5 | 2.4 |
| Carbohydrate (g) | 82.0 | 15.5 | 82.0 | 14.7 |
| Sugars (g) | 8.8 | 1.7 | 8.8 | 1.6 |
| Protein (g) | 38.9 | 7.4 | 44.4 | 8.0 |
| Salt (g) | 1.88 | 0.36 | 2.87 | 0.51 |

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

Allergens

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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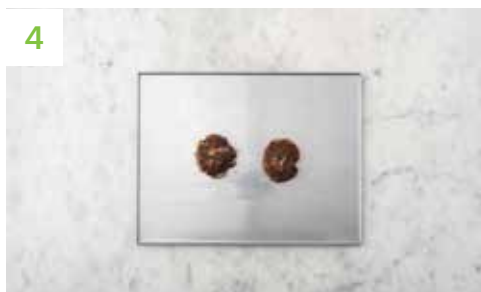
Roast the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Time to Bake

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

CUSTOM RECIPE

If you've chosen to add **bacon rashers**, lay in a single layer alongside the **burgers** (use two trays if necessary). Cook for the same amount of time until crispy, 12-15 mins. Once the **bacon** is cooked, set aside on a plate lined with kitchen paper before serving. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Get Prepped

Meanwhile, finely chop the **parsley** (stalks and all).

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



Make the Tomato Salad

Meanwhile, chop the **tomatoes** into 2cm chunks and pop them into a bowl.

Add the remaining **parsley** along with the **red wine vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper** and mix together.

Just before the **wedges** are cooked, halve the **burger buns**. Pop them onto a baking tray and into the oven to warm through, 2-3 mins.

Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

1. Preheat your air fryer to 200°C. Prep, **oil** and season the **wedges**.
2. Once hot, add them to the basket. Bake, shaking and turning regularly until golden, 20-25 mins.
3. Prep and form the **burger patties**, then lay them on top of the **wedges**. Bake until cooked through, 10-12 mins. Turn halfway.
4. Pop the **buns** into the air fryer to warm through, 1-2 mins.



Make the Burgers

In a large bowl, combine the **garlic**, **mixed herbs** and **half** the **parsley**. Mix in the **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.



Finish and Serve

When everything's ready, spread the **mayo** (see pantry for amount) over the **bun bases**. Top the **bases** with the **herby burgers**, then sandwich shut with the **bun lids**.

Serve with the **potato wedges** and **parsley tomato salad** alongside.

Enjoy!