



Oregano and Cranberry Sausage Burger with Wedges and Rocket

Family 40-45 Minutes • 2 of your 5 a day

3



Potatoes



Onion



Dried Cranberries



Mature Cheddar
Cheese



Pork and Oregano
Sausage Meat



Burger Buns



Wild Rocket

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.

Cooking tools

Baking tray, frying pan, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1	2
Dried Cranberries	30g	45g	60g
Mature Cheddar Cheese** 7)	30g	40g	60g
Pork and Oregano Sausage Meat** 14)	225g	340g	450g
Burger Buns 13)	2	3	4
Wild Rocket**	20g	30g	40g
Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3645 /871	696 /166
Fat (g)	37.9	7.2
Sat. Fat (g)	12.7	2.4
Carbohydrate (g)	99.5	19.0
Sugars (g)	23.5	4.5
Protein (g)	31.0	5.9
Salt (g)	2.66	0.51

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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Cook 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, bake on the top shelf until golden, 25-35 mins. Turn halfway through.



Time to Bake

Roll the **mixture** into even-sized balls, then shape into 1cm thick **burgers**, 1 per person. **TIP:** The burgers will shrink a little during cooking.

Pop the **burgers** onto another baking tray and bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The burgers are cooked when no longer pink in the middle.



Get Prepped

While the **wedges** cook, halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and stir-fry until soft and golden, 6-8 mins.

Meanwhile, finely chop the **cranberries**. Grate the **cheese**.



Finishing Touches

Meanwhile, halve the **burger buns**.

When the **burgers** are cooked, remove the tray from the oven and top each one with the remaining **cooked onion**, then the **grated cheese**.

Place the **buns** onto the same tray and pop back into the oven until the **cheese** has melted and the **buns** are warmed through, 2-3 mins.



Start your Burgers

In a large bowl, combine the **sausage meat**, **chopped cranberries** and **half** the **cooked onion**.

Pop the remaining **onion** into a small bowl and set aside for later.

Season the **sausage meat** with **salt** and **pepper**, then mix together with your hands.



Assemble and Serve

When everything's ready, pop the **buns** on your plates and spread the **mayonnaise** (see pantry for amount) over the **bases**, then top with the **sausage burgers**, **rocket** and **bun lids**.

Serve with the **wedges** alongside.

Enjoy!