



Pork and Apple Burger

with Rosemary Wedges and Rocket Salad

Family 35-40 Minutes

3



Potatoes



Dried Rosemary



Apple



Breadcrumbs



Pork Mince



Mature Cheddar
Cheese



Burger Buns



Wild Rocket



Balsamic Glaze



Apple and Sage
Jelly

Pantry Items
Oil, Salt, Pepper

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, grater and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-----------------------------------|----------|------------|-----------|
| Potatoes | 450g | 700g | 900g |
| Dried Rosemary | 1 sachet | 1½ sachets | 2 sachets |
| Apple** | ½ | ½ | 1 |
| Breadcrumbs 13) | 10g | 15g | 20g |
| Pork Mince** | 240g | 360g | 480g |
| Mature Cheddar Cheese** 7) | 30g | 40g | 60g |
| Burger Buns 13) | 2 | 3 | 4 |
| Wild Rocket** | 20g | 40g | 40g |
| Balsamic Glaze 14) | 12ml | 18ml | 24ml |
| Apple and Sage Jelly | 25g | 37g | 50g |

| Pantry | 2P | 3P | 4P |
|---------------------------|-------|-------|-------|
| Salt for the Breadcrumbs* | ¼ tsp | ½ tsp | ½ tsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 479g | 100g |
| Energy (kJ/kcal) | 3439 /822 | 718 /172 |
| Fat (g) | 34.1 | 7.1 |
| Sat. Fat (g) | 13.3 | 2.8 |
| Carbohydrate (g) | 93.6 | 19.6 |
| Sugars (g) | 19.4 | 4.1 |
| Protein (g) | 38.8 | 8.1 |
| Salt (g) | 2.88 | 0.60 |

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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1



Make the Rosemary 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**, sprinkle over the **dried rosemary** 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



Say Cheese

Meanwhile, grate the **Cheddar cheese**. Halve the **burger buns**.

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 same tray to warm through, 2-3 mins.

2



Shape the Burgers

Meanwhile, quarter, core and grate the **apple** (no need to peel - see ingredients for amount).

In a large bowl, combine the **apple**, **breadcrumbs** and **salt for the breadcrumbs** (see pantry for amount), then add the **pork 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



Dress your Salad

Just before serving, add the **rocket** to a medium bowl. Drizzle with the **balsamic glaze**, then toss to evenly coat.

3



Get Baking

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.

6



Stack and Serve

When everything's ready, spread the **apple and sage jelly** over the **bun bases**. Top with the **cheesy burgers** and **bun lids**.

Serve your **pork and apple burger** with the **rosemary wedges** and **salad** alongside.

Enjoy!