

# Cheesy Mexican Style Spiced Naked Burger

with Wedges, Baby Gem Salad and Shallot Relish

Calorie Smart 40-45 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Echalion Shallot



Medium Tomato



Baby Gem Lettuce



Garlic Clove



Mature Cheddar Cheese



Mexican Style Spice Mix



Breadcrumbs



Beef Mince



Red Pepper Chilli Jelly



Cider Vinegar

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## 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, grater, bowl and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Echalion Shallot**	1	1	2
Medium Tomato	1	1½	2
Baby Gem Lettuce**	1	1½	2
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Breadcrumbs 13)	10g	18g	25g
Beef Mince**	240g	360g	480g
Red Pepper Chilli Jelly	25g	37g	50g
Cider Vinegar 14)	15ml	15ml	30ml
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	¾ tsp
Water for the Breadcrumbs*	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)	2534 /606	468 /112
Fat (g)	25.9	4.8
Sat. Fat (g)	11.9	2.2
Carbohydrate (g)	63.2	11.7
Sugars (g)	14.2	2.6
Protein (g)	36.5	6.7
Salt (g)	1.81	0.33

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, cereals containing 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## 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 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.



## Ready, Steady, Bake

Pop the **burgers** onto another 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.**

Meanwhile, heat a drizzle of **oil** in a small saucepan on medium heat. Once hot, add the **shallot** and cook, stirring occasionally, until softened, 5-6 mins.

Transfer to a small bowl and stir in the **red pepper chilli jelly** to make your **shallot relish**.



## Get Prepped

Meanwhile, halve, peel and thinly slice the **shallot**. Cut the **tomato** into 1cm chunks.

Trim the **baby gem**, then separate the leaves. Set aside 2 large leaves per person, then thinly slice the rest widthways.

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



## Mix the Salad

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.

In another bowl, combine the **cider vinegar** and a drizzle of **olive oil**. Season, then add the **sliced lettuce** and **tomatoes**. Toss to coat.



## Make your Burgers

In a large bowl, combine the **garlic**, **Mexican style spice mix**, **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.**



## Assemble and Serve

When everything's ready, stack **2 whole baby gem leaves** onto each plate, then top with a **cheesy burger** and a spoonful of **shallot relish**.

Serve your **naked burgers** with the **wedges** and **baby gem salad** on the side.

Enjoy!