



Cheeseburger Loaded Fries

with Tomatoes, Caramelised Onion and Burger Sauce

Family 35-40 Minutes • 2 of your 5 a day

2



Potatoes



Red Onion



Garlic Clove



Mature Cheddar
Cheese



Medium Tomato



Beef Mince



Beef Stock
Paste



Burger Sauce

Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup

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, grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	60g	80g	110g
Medium Tomato	2	3	4
Beef Mince**	240g	360g	480g
Beef Stock Paste	10g	15g	20g
Burger Sauce 8) 9)	45g	75g	90g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Tomato Ketchup*	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)	3598 /860	462 /110
Fat (g)	39.6	5.1
Sat. Fat (g)	16.0	2.1
Carbohydrate (g)	88.8	11.4
Sugars (g)	19.1	2.4
Protein (g)	43.8	5.6
Salt (g)	2.53	0.33

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

Allergens

7) Milk 8) Egg 9) Mustard

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.

Contact

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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**, 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, 30-35 mins. Turn halfway through.



Cook the Beef

Wipe out the frying pan and return to medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Add the **garlic** to the pan, then fry for 1 min.



Get Prepped

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Grate the **cheese**. Cut the **tomatoes** into 1cm chunks.



Sauce Things Up

Add the **beef stock paste**, **water for the sauce** and **ketchup** (see pantry for both amounts) to the pan, then stir until combined.

Cook until the **beef** is glazed and the **sauce** has thickened, 2-4 mins.



Caramelize the Onions

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.

Transfer to a small bowl and cover to keep warm.



Load Up and Serve

When everything's ready, share the **fries** between your plates.

Top with the **glazed beef**, **tomatoes** and **caramelised onions** - fries loaded!

Drizzle over the **burger sauce** and finish with a sprinkle of **cheese**.

Enjoy!