



Wales' Lamb and Mint Burger

with Potato Wedges and Chimichurri Tomato Salad

Six Nations 40-45 Minutes • Medium Spice

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-  Potatoes
-  Mint
-  Breadcrumbs
-  Lamb Mince
-  Baby Plum Tomatoes
-  Red Chilli
-  Red Wine Vinegar
-  Mature Cheddar Cheese
-  Sliced Burger Buns

Pantry Items
Oil, Salt, Pepper, Olive Oil, Mayonnaise

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, bowl, frying pan, grater and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mint**	½ bunch	1 bunch	1 bunch
Breadcrumbs 13)	10g	25g	25g
Lamb Mince**	200g	300g	400g
Baby Plum Tomatoes	125g	190g	250g
Red Chilli**	½	½	1
Red Wine Vinegar 14)	12g	12g	24g
Mature Cheddar Cheese** 7)	30g	40g	60g
Sliced Burger Buns 13)	2	3	4
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	543g	100g
Energy (kJ/kcal)	3500 /837	645 /154
Fat (g)	37.9	7.0
Sat. Fat (g)	12.0	2.2
Carbohydrate (g)	91.1	16.8
Sugars (g)	11.4	2.1
Protein (g)	34.4	6.3
Salt (g)	2.21	0.41

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.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ



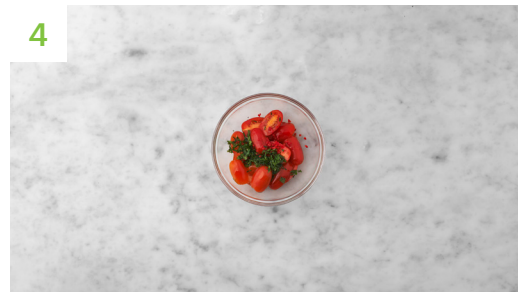
Roast the Wedges

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.



Chimichurri Tomato Time

While the **burgers** cook, halve the **tomatoes** and pop them into a medium bowl.

Halve the **red chilli** lengthways, deseed and finely chop (see ingredients for amount).

Add the **chilli** (careful, it's hot - add less if you'd prefer things milder), **red wine vinegar**, **olive oil for the dressing** (see pantry for amount) and remaining **mint** to the **tomatoes**.

Season with **salt** and **pepper**, then mix together and set aside.



Make your Burgers

Meanwhile, pick the **mint leaves** from their stalks and finely chop (see ingredients for amount, discard the stalks).

In a large bowl, combine **half** the **mint** with the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **lamb mince**. Season with **pepper** and mix together with your hands.

Roll the **mince** 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.



Melt the Cheese

Grate the **Cheddar cheese**.

When the **burgers** are cooked, remove the pan from the heat. Carefully place the **cheese** on top of the **burgers**. Cover with a lid (or foil) then set aside, off the heat, for 3-4 mins for the **cheese** to melt.

Meanwhile, pop the **burger buns** into the oven to warm through, 3-4 mins.



Get Frying

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

Once hot, add the **burgers** to the pan and fry until browned on the outside and cooked through, 12-14 mins in total.

Carefully turn them every 3-4 mins and lower the heat if needed. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.



Stack up and Serve

When everything's ready, spread the **mayo** (see pantry for amount) over the **bun lids**.

Lay a **cheesy lamb burger** on top of each **bun base**, then sandwich shut with the **bun lids**.

Serve with the **wedges** and **chimichurri tomato salad** alongside.

Enjoy!