



Cheeseburger Inspired Meatball Sub & Chips

with Burger Sauce and Caramelised Onion

Family 30-35 Minutes

2



Potatoes



Garlic Clove



Breadcrumbs



Beef Mince



Mature Cheddar Cheese



Brioche Hot Dog Buns



Onion



Burger Sauce



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, bowl, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Breadcrumbs 13	10g	15g	20g
Beef Mince**	240g	360g	480g
Mature Cheddar Cheese** 7	30g	40g	60g
Brioche Hot Dog Buns 7) 8) 11) 13)	2	3	4
Onion**	1	2	2
Burger Sauce 8) 9)	30g	45g	60g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	534g	100g	579g	100g
Energy (kJ/kcal)	3501/837	655/157	3989/953	689/165
Fat (g)	37.3	7.0	46.5	8.0
Sat. Fat (g)	16.7	3.1	19.6	3.4
Carbohydrate (g)	88.3	16.5	89.2	15.4
Sugars (g)	11.8	2.2	11.8	2.0
Protein (g)	41.4	7.7	49.1	8.5
Salt (g)	1.90	0.36	3.13	0.54

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

Allergens

7) Milk **8)** Egg **9)** Mustard **11)** Soya **13)** Cereals containing gluten

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. Be careful when adding water to hot pans while cooking.

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Packed in the UK
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.



Bake your Meatballs

Once the **onion** is golden, add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.

Meanwhile, pop the **meatballs** onto a large baking tray and bake on the middle shelf until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: The meatballs are cooked when no longer pink in the middle.



Make the Meatballs

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic**, **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 evenly-sized balls, 5 per person.

IMPORTANT: Wash your hands and equipment after handling raw mince.



Assembly Time

When the **meatballs** have 2-3 mins left, pop the **buns** into the oven to warm through, 2-3 mins.

Move the **wedges** to the bottom shelf of your oven.

Once cooked, remove the **meatballs** from the baking tray and wipe the tray clean. Add the **warmed buns** to the tray and spread with the **burger sauce**. Share the **meatballs** between the **buns** and top with the **cheese**.

Bake on the top shelf until the **cheese** is melted and bubbly, 2-3 mins.



Finish the Prep

Grate the **Cheddar cheese**. Slice the **buns** top down through the middle (but not all the way through).

Halve, peel and thinly slice the **onion**.

Meanwhile, 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, 8-10 mins.

CUSTOM RECIPE

If you're adding **bacon**, add it to the pan halfway through cooking the **onion**. Fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash your hands and utensils after handling raw meat. Cook it thoroughly.



Finish and Serve

When everything's ready, transfer the **meatball subs** to your plates and serve the **wedges** alongside.

Spoon the **caramelised onions** on top of the **meatball subs** to finish.

Enjoy!