



Italy's Cheesy Parmigiana Sausage Burgers with Tomato Sauce and Chips

Six Nations 30-35 Minutes

5



Potatoes



Garlic Clove



Pork and Oregano
Sausage Meat



Tomato Puree



Chicken Stock
Paste



Grated Hard
Italian Style Cheese



Sliced Burger
Buns



Fresh Pesto

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Pork and Oregano Sausage Meat** 14	225g	340g	450g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Sliced Burger Buns 13	2	3	4
Fresh Pesto** 7	32g	48g	64g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	534g	100g
Energy (kJ/kcal)	3833 /916	718 /172
Fat (g)	43.7	8.2
Sat. Fat (g)	18.0	3.4
Carbohydrate (g)	95.8	18.0
Sugars (g)	14.5	2.7
Protein (g)	30.7	5.8
Salt (g)	4.15	0.78

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

Allergens

7) Milk **8)** Egg **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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get the Chips On

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** 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, 25-30 mins. Turn halfway through.



Bring on the Sauce

Pop a large frying pan on medium-high heat with a drizzle of **oil**.

Stir in the remaining **garlic** and fry for 30 secs. Add the **tomato puree** and stir fry for 1 min, then stir in the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Stir to combine, bring to the boil, then simmer until the **sauce** has thickened, 4-5 mins.



Make the Burgers

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

In a large bowl, combine **half** the **garlic** and the **sausage meat**. 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.



Time to Bake

Pop the **burgers** onto a medium baking tray.

Bake on the middle shelf until cooked through, 12-15 mins. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.



Finishing Touches

When the **tomato sauce** has thickened, stir in the **butter** (see pantry for amount) and **cheese**. Taste the **sauce** and season. Add a splash of **water** if it's a little too thick.

Pop the **burger buns** into the oven to warm through, 2-3 mins.



Stack up and Serve

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

Top the **bases** with the **sausage burgers** and spoon over the **sauce**. Drizzle over the **pesto**.

Sandwich together with the **bun lids** and serve with the **chips** alongside.

Enjoy!