



# Beef & Pork Cheeseburger Inspired Meatball Sub with Burger Sauce, Caramelised Onion, Wedges and Rocket

Limited Edition 30-35 Minutes • 1 of your 5 a day

10



Potatoes



Garlic Clove



Mature Cheddar  
Cheese



Onion



Breadcrumbs



Beef and Pork  
Mince



Brioche Hot Dog  
Buns



Burger Sauce



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Sugar

## 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, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Onion**	1	2	2
Breadcrumbs 13)	10g	15g	20g
Beef and Pork Mince**	240g	360g	480g
Brioche Hot Dog Buns 7) 8)	2	3	4
Burger Sauce 8) 9)	30g	45g	60g
Wild Rocket**	20g	40g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Salt for the Breadcrumbs*	¼ tsp	½ 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	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>544g</b>	<b>100g</b>
Energy (kJ/kcal)	3621/865	665/159
Fat (g)	40.7	7.5
Sat. Fat (g)	14.7	2.7
Carbohydrate (g)	88.4	16.2
Sugars (g)	11.9	2.2
Protein (g)	38.4	7.1
Salt (g)	1.88	0.35

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.

## Contact

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## 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

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.

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.

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



## Do the Prep

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

Grate the **Cheddar cheese**.

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



## Assembly Time

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

Once cooked, remove the **meatballs** from the baking tray and wipe the tray clean. Add the **buns** to the tray and spread with the **burger sauce**. Share the **meatballs** between the **buns** and top with the **cheese**. Bake on the middle shelf until the **cheese** is melted and bubbly, 2-3 mins.

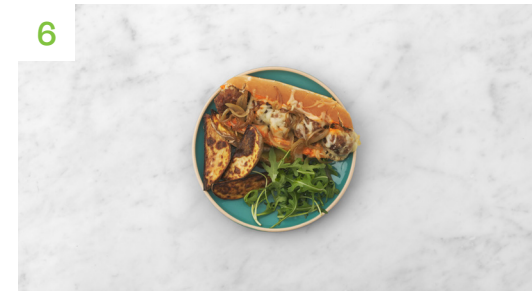


## Meatball Time

In a large bowl, combine the **garlic**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef and pork 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.



## Finish and Serve

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

Finish with a handful of **rocket** on the side and spoon the **caramelised onions** on top of the **meatball subs** to finish.

Enjoy!