













Pork and Apple Burger

with Rosemary Wedges and Rocket Salad

Family 35-40 Minutes

3



-  Potatoes
-  Dried Rosemary
-  Apple
-  Breadcrumbs
-  Pork Mince
-  Mature Cheddar Cheese
-  Sliced Burger Buns
-  Wild Rocket
-  Balsamic Glaze
-  Apple and Sage Jelly

Pantry Items
Oil, Salt, Pepper

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, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Apple**	½	½	1
Breadcrumbs 13	10g	15g	20g
Pork Mince**	240g	360g	480g
Mature Cheddar Cheese**	30g	40g	60g
7			
Sliced Burger Buns 13	2	3	4
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14	12ml	18ml	24ml
Apple and Sage Jelly	25g	37g	50g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	504g	100g
Energy (kJ/kcal)	3677 /879	730 /174
Fat (g)	37.0	7.3
Sat. Fat (g)	14.2	2.8
Carbohydrate (g)	100.4	19.9
Sugars (g)	21.4	4.2
Protein (g)	38.3	7.6
Salt (g)	2.17	0.43

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, mollusc, 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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Make the Rosemary 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 the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried rosemary** and season with **salt** and **pepper**. Toss to coat, then 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.



Say Cheese

Meanwhile, grate the **Cheddar cheese**.

Once cooked, carefully place the **cheese** on top of the **burgers** and pop back into the oven until the **cheese** has melted, 2-3 mins.

At the same time, add the **burger buns** to the same tray to warm through, 2-3 mins.



Shape the Burgers

Meanwhile, quarter, core and grate the **apple** (no need to peel - see ingredients for amount).

In a large bowl, combine the **apple**, **breadcrumbs** and **salt for the breadcrumbs** (see pantry for amount), then add the **pork mince**. Season with **pepper** and mix together with your hands.

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.



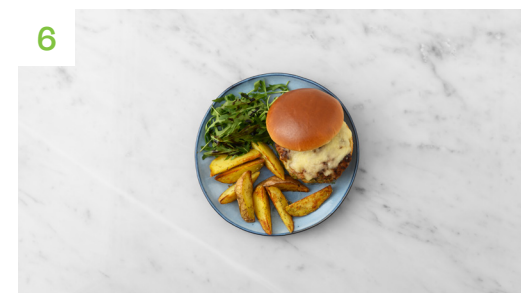
Dress your Salad

Just before serving, add the **rocket** to a medium bowl. Drizzle with the **balsamic glaze**, then toss to evenly coat.



Get Baking

Pop the **burgers** onto a baking tray and bake on the middle shelf of your oven until cooked through, 14-16 mins. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.



Stack and Serve

When everything's ready, spread the **apple and sage jelly** over the **bun bases**. Top with the **cheesy burgers** and **bun lids**.

Serve your **pork and apple burger** with the **rosemary wedges** and **salad** alongside.

Enjoy!