



Cheesy Melt in the Middle Beef Burger with Wedges and Balsamic Pea Shoot Salad

Family 40-45 Minutes

2



Potatoes



Mature Cheddar Cheese



Garlic Clove



Sun-Dried Tomato Paste



Breadcrumbs



British Beef Mince



Burger Buns



Pea Shoots



Balsamic Glaze

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TRIP TO NEW YORK



SMEG KITCHENWARE



INSTANT WINS



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Pantry Items

Oil, Salt, Pepper, Mayonnaise

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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese**	30g	40g	60g
7)			
Garlic Clove**	1	2	2
Sun-Dried Tomato Paste	25g	37g	50g
Breadcrumbs 13)	10g	25g	25g
British Beef Mince**	240g	360g	480g
Burger Buns 13)	2	3	4
Pea Shoots**	40g	60g	80g
Balsamic Glaze 14)	12ml	12ml	24ml
Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	484g	100g
Energy (kJ/kcal)	3521/842	728/174
Fat (g)	38.5	8.0
Sat. Fat (g)	13.0	2.7
Carbohydrate (g)	83.5	17.3
Sugars (g)	9.4	1.9
Protein (g)	42.0	8.7
Salt (g)	1.65	0.34

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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Cook 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.



Ready, Steady, Bake

Pop the **burgers** onto a baking tray and bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Prep Time

Meanwhile, cut the **cheese** into even chunks. Peel and grate the **garlic** (or use a garlic press).

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Warm the Buns

When the **wedges** and **burgers** are almost cooked, halve the **burger buns**.

Pop onto a baking tray and into the oven to warm through, 2-3 mins.



Shape your Burgers

In a large bowl, combine the **sun-dried tomato paste**, **garlic** and **breadcrumbs**, then add the **beef mince**. Season with **salt** and **pepper**, then mix together with your hands.

Roll the **mince** into even-sized balls. Shape into 2cm thick **burgers** around a chunk of **cheese**, ensuring they're well sealed, 1 per person. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Assemble and Serve

When everything's ready, spread some **mayo** (see pantry for amount) over the **bun bases**. Top with the **burgers** and a handful of **pea shoots**. **TIP:** Scoop up any escaped cheese from the baking tray and pile on top.

Add the remaining **pea shoots** to your plates and drizzle over the **balsamic glaze**.

Serve your **melt in the middle burgers** with the **wedges** and **salad** alongside.

Enjoy!

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