



Italian Inspired Pork Meatball Burger

with Chips and Balsamic Dressed Rocket

Matchday Bites 35-40 Minutes

10



Potatoes



Garlic Clove



British Pork and Oregano Sausage Meat



Mature Cheddar Cheese



Sun-Dried Tomato Paste



Burger Buns



Balsamic Glaze



Wild Rocket



British Streaky Bacon

Pantry Items

Oil, Salt, Pepper, Mayonnaise, Honey, Olive Oil

+ Add Streaky Bacon

If you chose to add streaky bacon, 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 and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
British Pork and Oregano Sausage Meat** 14)	225g	340g	450g
Mature Cheddar Cheese** 7)	30g	40g	60g
Sun-Dried Tomato Paste	25g	37g	50g
Burger Buns 13)	2	3	4
Balsamic Glaze 14)	12ml	18ml	24ml
Wild Rocket**	40g	60g	80g
British Streaky Bacon**	4 rashers	6 rashers	8 rashers
Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	508g	100g	538g	100g
Energy (kJ/kcal)	4013/959	791/189	4371/1045	813/194
Fat (g)	46.1	9.1	52.8	9.8
Sat. Fat (g)	14.2	2.8	17.1	3.2
Carbohydrate (g)	102	20.1	102	19.0
Sugars (g)	20.7	4.1	20.7	3.8
Protein (g)	30.8	6.1	36.3	6.8
Salt (g)	3.11	0.61	4.09	0.76

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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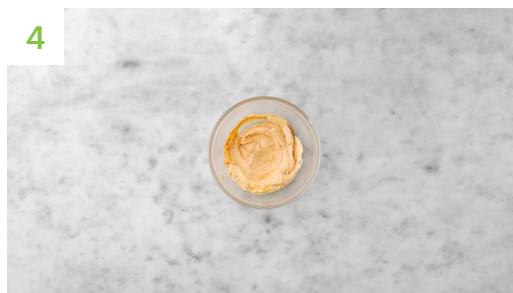
Chip, Chip, Hooray

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 middle shelf until golden, 30-35 mins. Turn halfway through.

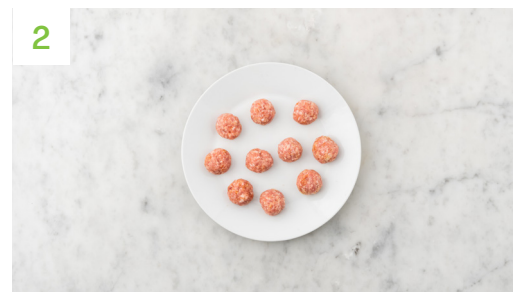


Mix the Mayo

In a small bowl, combine the **sun-dried tomato paste** and **mayonnaise** (see pantry for amount).

Wash up the (now empty) **sausage meat** bowl and wipe dry.

When the **meatballs** are cooked, transfer to the (now clean) bowl and drizzle over the **honey** (see pantry for amount). Gently stir the **meatballs** to coat them.



Roll the Meatballs

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

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

Roll into even-sized balls, 5 per person. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



Time to Bake

Pop the **meatballs** onto a baking tray and bake on the top shelf until browned on the outside and cooked through, 10-12 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.

Meanwhile, grate the **cheese**.

+ Add Streaky Bacon

If you're adding **bacon**, put a pan on medium-high heat with a drizzle of **oil**. Once hot, fry, 3-4 mins on each side. Transfer to a plate lined with kitchen paper. Top the **meatballs** with the **bacon** in the final step. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Cheese Please

Wipe clean the (now empty) **meatball** baking tray, then add the **bun bases** to the tray. Top with the **sticky meatballs** and sprinkle over the **cheese**.

Lay the **bun lids** on the baking tray alongside. Bake on the top shelf of your oven until the **cheese** is melted, 2-3 mins.

In the meantime, in a medium bowl, combine the **balsamic glaze** and **olive oil for the dressing** (see pantry for amount).

When everything's nearly ready, toss the **rocket** in the **dressing**.



Assemble and Serve

Transfer the **cheesy meatball buns** to your plates.

Spread the **sun-dried tomato mayo** over the **bun lids**. Top the **meatballs** with a few **rocket leaves**, then sandwich shut.

Share your **meatball burgers** with **chips** and remaining **rocket** alongside.

Enjoy!