



BBQ Cheeseburger with Wedges and Salad

Family 35-40 Minutes

2



Potatoes



Red Leicester



Garlic Clove



Breadcrumbs



British Beef Mince



Medium Tomato



Cider Vinegar



Burger Buns



BBQ Sauce



Baby Leaf Mix



Unconventional
Plant-Based
Burgers

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Make it Vegetarian

If you chose to make this recipe veggie,
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, grater, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Leicester** 7)	30g	60g	60g
Garlic Clove**	1	2	2
Breadcrumbs 13)	10g	15g	20g
British Beef Mince**	240g	360g	480g
Medium Tomato	1	2	2
Cider Vinegar 14)	15ml	15ml	30ml
Burger Buns 13)	2	3	4
BBQ Sauce	32g	48g	64g
Baby Leaf Mix**	20g	50g	50g
Unconventional Plant-Based Burgers** 11)	2	4	4
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	553g	100g	482g	100g
Energy (kJ/kcal)	3570 / 853	646 / 154	3011 / 720	625 / 149
Fat (g)	34.4	6.2	24.7	5.1
Sat. Fat (g)	13.8	2.5	10.1	2.1
Carbohydrate (g)	97.7	17.7	94.0	19.5
Sugars (g)	14.8	2.7	11.7	2.4
Protein (g)	41.6	7.5	28.6	5.9
Salt (g)	2.40	0.43	2.35	0.49


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

Allergens

7) Milk 11) Soya 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.

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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 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.



Make the Salad

Meanwhile, chop the **tomato** into 2cm chunks.

Put the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts) into a medium bowl. Season with **salt** and **pepper**.

Mix together and add the **tomato chunks**. Stir to combine and set aside.



Shape your Burgers

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

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



Cheese Please

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

Meanwhile, halve the **burger buns**. Pop onto a baking tray and into your oven to warm through, 2-3 mins.



Time to Bake

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

Make it Vegetarian

If you've chosen the veggie version, place the **burgers** on a lightly oiled baking tray. Bake on the middle shelf, 6-7 mins. Once browned, place the **cheese** on top of the **burgers** and bake, 2-3 mins. **TIP:** Omit the garlic, breadcrumbs, salt and water for the breadcrumbs. **IMPORTANT:** Ensure they're piping hot throughout.



Finish and Serve

When everything's ready, spread the **BBQ sauce** over the **bun bases**. Top the **bases** with the **burgers** and a handful of **baby leaves**, then sandwich shut with the **bun lids**.

Add the remaining **baby leaves** to your bowl of **dressing** and toss to coat.

Serve your **burgers** with the **wedges** and **salad** alongside.

Enjoy!