



# Cheese & Caramelised Onion Veggie Burger

with Wedges and Rocket & Tomato Salad

Classic 35-40 Minutes

21



Potatoes



Mature Cheddar Cheese



Medium Tomato



Cider Vinegar



Unconventional Plant-Based Burgers



Sliced Burger Buns



Onion Marmalade



Wild Rocket



McCain Home Chips

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

#### ⚡ Make it Quick

If you chose to make this recipe quicker, 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 and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Medium Tomato	1	2	2
Cider Vinegar 14)	15ml	22ml	30ml
Unconventional Plant-Based Burgers** 11)	2	3	4
Sliced Burger Buns 13)	2	3	4
Onion Marmalade	30g	40g	60g
Wild Rocket**	20g	40g	40g
McCain Home Chips** 13)	400g	800g	800g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	514g	100g	489g	100g
Energy (kJ/kcal)	3544/847	690/165	4680/1119	958/229
Fat (g)	37.3	7.3	51.7	10.6
Sat. Fat (g)	11.0	2.1	12.8	2.6
Carbohydrate (g)	98.6	19.2	124.5	25.5
Sugars (g)	17.8	3.5	16.7	3.4
Protein (g)	28.4	5.5	31.8	6.5
Salt (g)	2.38	0.46	3.10	0.63

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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## Get the Wedges in

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**, 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 it Quick

If you've chosen the quick version, **oil** and season the **chips**, then cook for 20-25 mins instead. Turn halfway through.



## Bake your Burgers

When the **wedges** have 12 mins remaining, place the **plant-based burgers** on a large, lightly oiled baking tray.

Bake on the middle shelf until browned, 8-9 mins.



## Prep Time

Meanwhile, grate the **Cheddar cheese**.

Cut the **tomato** into 2cm chunks.



## Mix the Dressing

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

Add the **tomatoes** to the **dressing** and mix again, then set aside.



## Cheese Please

Once the **burgers** are cooked, remove from the oven and place the **cheese** on top of them. Put the **burger buns** on the same baking tray.

Return to the middle shelf of your oven until the **cheese** is melted and the **buns** are warmed through, 2-3 mins.



## Finish and Serve

When everything's ready, spread the **mayo** on the **bun bases** (see pantry for amount) and the **onion marmalade** on the **bun lids**. Top the **bases** with some **rocket** and a **cheesy veggie burger**, then sandwich shut with the **bun lids**.

Add the remaining **rocket** to the bowl of **tomatoes** and toss to coat in the **dressing**.

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

Enjoy!