

Smoky Cheesy Fritter Stack Burger

with Burger Sauce, Chips and Slaw Salad

Classic 35-40 Minutes • 2 of your 5 a day • Veggie



Potatoes



Onion



Carrot



Mature Cheddar Cheese



Baby Gem Lettuce



Red Wine Vinegar



Coleslaw Mix



Smoky Base Paste



Burger Buns



Burger Sauce



Making vegetable fritters is easier than you think! Flavoured with cheese and smoky base paste, these onion and carrot fritters make a great veggie alternative to stack into burger buns for a hearty feast. Serve up with chips and a fresh slaw salad.

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Plain Flour, Egg, Tomato Ketchup

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, frying pan, bowl and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion	1	1½	2
Carrot**	1	1½	2
Mature Cheddar Cheese**	40g	60g	80g
7) Baby Gem Lettuce**	1	1½	2
Red Wine Vinegar 14)	12ml	18ml	24ml
Coleslaw Mix**	120g	180g	240g
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Burger Buns 13)	2	3	4
Burger Sauce 8)	45g	67g	90g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbspc	1½ tbspc	2 tbspc
Plain Flour*	40g	80g	80g
Salt*	¼ tsp	¼ tsp	½ tsp
Egg*	1	2	2
Tomato Ketchup*	2 tbspc	3 tbspc	4 tbspc

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	647g	100g
Energy (kJ/kcal)	3290 /786	509 /122
Fat (g)	26.1	4.0
Sat. Fat (g)	7.1	1.1
Carbohydrate (g)	113.9	17.6
Sugars (g)	24.6	3.8
Protein (g)	24.1	3.7
Salt (g)	3.42	0.53


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

Allergens

7) Milk **8)** Egg **9)** Mustard **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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1 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 top shelf until golden, 25-30 mins. Turn halfway through.



4 Make your Fritters

When the **carrot** and **onion** have softened, transfer to a large bowl - keep the pan, you'll use it again.

Add the **cheese**, **smoky base paste**, **flour**, **salt** and **egg** (see pantry for all three amounts) to the large bowl.

Season with **salt** and **pepper**, then mix together well. **TIP:** Lift out some of the mixture with a spoon - if it's too wet and doesn't hold its shape, add a little more flour.



2 Prep the Veg

Meanwhile, halve, peel and thinly slice the **onion**. Trim the **carrot**, then coarsely grate (no need to peel). Grate the **cheese**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and **carrot**, season with **salt** and **pepper**, then stir-fry until softened, 3-4 mins.



5 Time to Fry

Return the frying pan to medium heat with enough **oil** to coat the bottom.

Once hot, place heaped tablespoons of the **fritter mixture** (in batches) into the pan. Flatten slightly with the back of your spoon, then fry until golden and cooked through, 3-4 mins each side. **TIP:** Don't flip them too early, they need time to set.

Once cooked, transfer to a plate lined with kitchen paper.

Keep cooking in batches until all the **mixture** is used up - you should get **3-4 fritters** per person. **TIP:** Add extra oil in between batches if needed.



3 Salad Time

Meanwhile, trim the **baby gem**, reserve 1 leaf per person, then thinly slice the rest.

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

Stir through the **coleslaw mix** and **chopped lettuce** until evenly coated. Set aside.



6 Finish and Serve

While the last batch of **fritters** are frying, halve the **burger buns**. Pop the **burger buns** onto a baking tray and into your oven to warm through, 2-3 mins.

Once the **fritters** are ready, stack them on the **bun bases** and top with the reserved **lettuce leaves**. Spread the **burger sauce** over the **bun lids**, then sandwich together.

Serve with the **chips** and **salad** on the side, with **tomato ketchup** (see pantry for amount) for dipping.

Enjoy!