



Cheese Burgers and Honey Mustard Sausages with Potato Salad and Minty Courgette Salad

BBQ Feast 40 Minutes

33



-  Salad Potatoes
-  Courgette
-  Mint
-  Lemon
-  Glazed Burger Bun
-  Cheddar Cheese
-  Dried Rosemary
-  Panko Breadcrumbs
-  Onion Marmalade
-  Beef Mince
-  Honey Mustard Sausages
-  Wholegrain Mustard
-  Mayonnaise
-  Pea Shoots

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Vegetable Peeler, Zester, Grater, Colander, Bowl, Baking Tray, Frying Pan with Lid.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Courgette**	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Glazed Burger Bun (13)	2	3	4
Cheddar Cheese (7)**	60g	90g	120g
Dried Rosemary	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs (13)	10g	15g	25g
Onion Marmalade	20g	30g	40g
Water*	1 tbsp	1½ tbsps	2 tbsps
Beef Mince**	240g	360g	480g
Honey Mustard Sausages (9) (14)**	4	6	8
Olive Oil*	1½ tbsps	2 tbsps	3 tbsps
Wholegrain Mustard (9)	17g	25g	34g
Mayonnaise (8) (9)	2 sachets	3 sachets	4 sachets
Pea Shoots**	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	731g	100g
Energy (kJ/kcal)	5093 / 1217	697 / 167
Fat (g)	65	9
Sat. Fat (g)	24	3
Carbohydrate (g)	89	12
Sugars (g)	23	3
Protein (g)	65	9
Salt (g)	4.25	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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Get Started

Preheat your oven to 200°C (unless you are BBQing your sausages). Bring a medium saucepan of **water** to the boil with ½ tsp of **salt**. Halve the **salad potatoes** (quarter any larger ones). Trim the **courgette**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **courgette**. Stop when you get to the spongy centre. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Zest and halve the **lemon**. Halve the **burger buns** and grate the **cheese**.



Finish the Salads

Squeeze the **lemon juice** into a small bowl and then add the **olive oil** (see ingredients for amount). Season with **salt, pepper** and a pinch of **sugar**. Mix together, then add the **courgette** ribbons and **half the mint**. Mix together, then set aside. Put the **mustard** in a bowl with the remaining **mint, lemon zest** and **half the mayo**. Season with **salt** and **pepper** and mix together.



Make the Burgers

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander and set aside. Meanwhile, put the **dried rosemary** into a large bowl. Add the **breadcrumbs, onion marmalade** and **water** (see ingredients for amount). Season with **salt** and **pepper**, then add the **beef mince**. Mix with your hands until well combined. Roll the **mince** into even-sized balls then flatten to make **burger patties** 1cm thick (1 per person). **IMPORTANT: Wash your hands and equipment after handling raw meat.**



Fry the Burgers

If you're pan-frying your **burgers** rather than BBQing, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **burgers** and fry until browned on the outside and cooked through, 12-14 mins in total. Carefully turn them every 4 mins and lower the heat if they are burning. **IMPORTANT: The burgers are cooked when they are no longer pink in the middle. TIP: The burgers will shrink a little during cooking.** When the **burgers** are cooked, remove the pan from the heat. Carefully place the **cheese** on top of the **burgers**. Cover with a lid (or wrap loosely in foil) then set aside, off the heat, for 3-4 mins for the **cheese** to melt. If you are BBQing them, BBQ them now, ensure they are cooked through before eating and just pop the **cheese** on top at the end and close the lid of the BBQ to melt it.



Sausage Time

If you're baking rather than BBQing your **sausages**, pop the **sausages** onto a lightly oiled baking tray, roast on the middle shelf until golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT: Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.** If you are BBQing them, BBQ them now, ensure they are cooked through before eating.



Finish and Serve

Meanwhile, pop the **burger buns** on a baking tray and place on the middle shelf of your oven. Warm for 1-2 mins. Add the **potatoes** to the **mayo mixture** and mix together. Add the **pea shoots** to the **courgette** and **dressing** and toss to combine. Spread a little of the remaining **mayo** on the cut side of each of the **burger buns**. Fill them with the **burger** and a little of the **salad** and serve with the **sausages, potato salad** and **courgette salad** on the side.

Enjoy!