



# Cheeseburger Inspired Meatball Sub and Chips with Burger Sauce, Caramelised Onion and Rocket

Classic 30-35 Minutes • 1 of your 5 a day

5



Potatoes



Garlic Clove



Panko Breadcrumbs



Beef Mince



Mature Cheddar Cheese



Brioche Hot Dog Bun



Onion



Burger Sauce



Rocket

**Pantry Items**

Oil, Salt, Pepper, Sugar

## 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, grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Panko Breadcrumbs <b>13</b>	10g	15g	20g
Beef Mince**	240g	360g	480g
Mature Cheddar Cheese** <b>7</b>	30g	40g	60g
Brioche Hot Dog Bun <b>7</b> <b>8</b> <b>11</b> <b>13</b>	2	3	4
Onion	1	2	2
Burger Sauce <b>8</b> <b>9</b>	30g	45g	60g
Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar*	½ tsp	¾ tsp	1 tsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3433 /820	649 /155
Fat (g)	37.7	7.1
Sat. Fat (g)	16.7	3.2
Carbohydrate (g)	83.2	15.7
Sugars (g)	11.6	2.2
Protein (g)	42.3	8.0
Salt (g)	2.06	0.39

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

## Allergens

**7)** Milk **8)** Egg **9)** Mustard **11)** Soya **13)** Cereals containing gluten

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, milk, egg, mustard, celery, soya, 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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [helloworldfresh.co.uk](https://helloworldfresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



## 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 them 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.

4



## Get Baking

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

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins. Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.

Meanwhile, pop the **meatballs** onto a large baking tray and bake on the middle shelf until browned on the outside and cooked through, 12-15 mins.

**IMPORTANT:** The meatballs are cooked when no longer pink in the middle.

2



## Make the Meatballs

Meanwhile, 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 evenly-sized balls, 5 per person.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

5



## Assembly Time

When the **meatballs** have 2-3 mins left, pop the **buns** into the oven to warm through, 2-3 mins.

Move the **wedges** to the bottom shelf of your oven.

Once cooked, remove the **meatballs** from the baking tray and wipe the tray clean. Add the **warmed buns** to the tray and spread with the **burger sauce**. Share the **meatballs** between the buns and top with the **cheese**.

Bake on the top shelf until the **cheese** is melted and bubbly, 2-3 mins.

3



## Prep Time

Grate the **Cheddar cheese**.

Slice the **buns** top down through the middle (but not all the way through).

Halve, peel and thinly slice the **onion**.

6



## Finish and Serve

When everything's ready, transfer the **meatball subs** to your plates and serve the **wedges** alongside.

Finish with a handful of **rocket** on the side and spoon the **caramelised onions** on top of the **meatball subs** to finish.

Enjoy!