



Cheesy BBQ Pork Burger with Wedges and Rocket & Apple Salad

Family 35-40 Minutes • 1 of your 5 a day

9



Potatoes



Mature Cheddar
Cheese



Garlic Clove



Italian Style
Herbs



Panko Breadcrumbs



Pork Mince



Cider Vinegar



Apple



Glazed Burger
Bun



BBQ Sauce



Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil

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
Mature Cheddar Cheese** 7)	30g	40g	60g
Garlic Clove**	1	2	2
Italian Style Herbs	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	10g	20g	25g
Pork Mince**	240g	360g	480g
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Apple**	1	1	2
Glazed Burger Bun 13)	2	3	4
BBQ Sauce	64g	96g	128g
Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3683 / 880	658 / 157
Fat (g)	38.7	6.9
Sat. Fat (g)	14.0	2.5
Carbohydrate (g)	97.6	17.4
Sugars (g)	21.1	3.8
Protein (g)	40.4	7.2
Salt (g)	2.53	0.45

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

Allergens

7) Milk **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, 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

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Make 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.

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



Make the Dressing

Meanwhile, add the **cider vinegar** and **olive oil** for the **dressing** (see pantry for amount) to a medium bowl.

Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then mix together and set the dressing aside.

Quarter, core and thinly slice the **apple** (no need to peel). Halve the **burger buns**.



Shape your Burgers

In a large bowl, combine the **garlic**, **Italian style herbs**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork 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 cooked, carefully place the **cheese** on top of the **burgers** and pop back into the oven until the **cheese** has melted, 2-3 mins.

Add the **burger buns** to the baking tray to warm through for the same amount of time.



Time to Bake

Pop the **burgers** onto another baking tray and bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.



Finish and Serve

When everything is ready, pop the **buns** onto your plates and spread the **BBQ sauce** over the **lids**.

Stack the **cheesy burgers** and some **rocket** onto the **bun bases**, then top with the **lids**. Add the remaining **rocket** and the **apple slices** to the bowl of **dressing** and toss to coat. **TIP:** Keep a portion of salad aside before dressing for anyone who'd prefer it without.

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

Enjoy!