



# Cheesy Melt in the Middle Beef Burger with Wedges and Balsamic Pea Shoot Salad

Family 40-45 Minutes

2



Potatoes



Mature Cheddar Cheese



Garlic Clove



Sun-Dried Tomato Paste



Panko Breadcrumbs



Beef Mince



Balsamic Glaze



Pea Shoots



Burger Bun



Streaky Bacon

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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, 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
Sun-Dried Tomato Paste	25g	38g	50g
Panko Breadcrumbs <sup>13)</sup>	10g	25g	25g
Beef Mince**	240g	360g	480g
Balsamic Glaze <sup>14)</sup>	12ml	12ml	24ml
Pea Shoots**	40g	60g	80g
Burger Bun <sup>13)</sup>	2	3	4
Streaky Bacon**	4 rashers	6 rashers	8 rashers

Pantry	2P	3P	4P
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	470g	100g	500g	100g
Energy (kJ/kcal)	3368/805	717/171	3725/890	745/178
Fat (g)	43.1	9.2	49.8	10.0
Sat. Fat (g)	13.7	2.9	16.6	3.3
Carbohydrate (g)	69.0	14.7	69.0	13.8
Sugars (g)	9.3	2.0	9.3	1.9
Protein (g)	39.8	8.5	45.3	9.1
Salt (g)	1.64	0.35	2.62	0.52

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

## Allergens

7) Milk <sup>13)</sup> Cereals containing gluten <sup>14)</sup> 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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## Cook 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.



## Prep the Salad

While the **burgers** cook, put the **balsamic glaze** and **olive oil for the dressing** (see pantry for amount) in a medium bowl. Season with **salt** and **pepper**, then add **two thirds** of the **pea shoots** and mix to combine. Set aside.



## Shape your Burgers

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

In a large bowl, combine the **sun-dried tomato paste**, **garlic** and **breadcrumbs**, then add the **beef mince**. Season with **salt** and **pepper**, then mix together with your hands.

Roll the **mince** into even-sized balls. Shape into 2cm thick **burgers** around a **chunk of cheese**, ensuring they're well sealed, 1 per person.

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



## Warm the Buns

When the **wedges** and **burgers** are almost cooked, halve the **burger buns**.

Pop onto a baking tray and into the oven to warm through, 2-3 mins.

### CUSTOM RECIPE

Once the **bacon** is cooked, set aside on a plate lined with kitchen paper.



## Ready, Steady, Bake

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

### CUSTOM RECIPE

If you've chosen to add **streaky bacon** to your meal, lay the **rashers** in a single layer alongside the **burgers** (use another tray if necessary). Bake for the same amount of time until the **bacon** is golden brown and crispy, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Assemble and Serve

When everything's ready, pop the **buns** on your plates and spread a little **mayo** (see pantry for amount) over the cut sides. Top the **bases** with the **burgers** and the **remaining pea shoots**, then sandwich shut with the **bun lids**. **TIP:** Scoop up any escaped cheese from the baking tray and pile on top.

Serve your **melt in the middle burgers** with the **wedges**.

## Enjoy!

### CUSTOM RECIPE

Top each **burger** with **2 bacon rashers**, then sandwich shut with a **bun lid**.