



# Cheesy Mexican Style Spiced Naked Burger

with Wedges, Baby Gem Salad and Onion Relish

25

Calorie Smart 45 Minutes • Mild Spice • 1 of your 5 a day • Under 600 Calories



Potatoes



Garlic Salt



Coriander



Baby Plum Tomatoes



Red Onion



Garlic Clove



Baby Gem Lettuce



Mexican Style Spice Mix



Mature Cheddar Cheese



Beef Mince



Panko Breadcrumbs



Apple Cider Vinegar



Red Pepper Chilli Jam

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, grater and bowl.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Salt	1 pot	2 pots	2 pots
Coriander**	1 bunch	1 bunch	1 bunch
Red Onion**	1	1	2
Baby Plum Tomatoes	125g	250g	250g
Baby Gem Lettuce**	1	1½	2
Garlic Clove**	1	1	2
Mature Cheddar Cheese** (7)	30g	60g	60g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs (13)	10g	20g	25g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Beef Mince**	240g	360g	480g
Salt for the Burgers*	¼ tsp	½ tsp	½ tsp
Red Pepper Chilli Jam	25g	37g	50g
Apple Cider Vinegar (14)	1 sachet	1 sachet	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	558g	100g
Energy (kJ/kcal)	2492 /596	447 /107
Fat (g)	26	5
Sat. Fat (g)	12	2
Carbohydrate (g)	59	11
Sugars (g)	13	2
Protein (g)	34	6
Salt (g)	2.08	0.37

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 13) 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.

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## Contact

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## Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **garlic 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.



## Bake the Burgers

Pop the **burgers** onto a lightly oiled baking tray and bake on the middle shelf of your oven until cooked through, 12-15 mins. Meanwhile, heat a drizzle of **oil** in a small saucepan on medium heat. Add the **onion** and cook until softened, 5-6 mins. Stir occasionally. Transfer to a small bowl and stir in the **red pepper chilli jam** to make the relish.



## Get Prepped

Meanwhile, finely chop the **coriander** (stalks and all). Halve, peel and thinly slice the **red onion**. Halve the **baby plum tomatoes**. Trim the **baby gem** then separate the leaves. Set aside 2 large **leaves** per person, then thinly slice the rest widthways. Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.



## Prep the Salad

When the **burgers** are cooked, remove from the oven. **IMPORTANT: The burgers are cooked when no longer pink in the middle.** Carefully place the **cheese** on top of the **burgers**. Cover loosely with foil then set aside for 3-4 mins for the **cheese** to melt. In another bowl, add the **cider vinegar** and a drizzle of **olive oil**. Season, then add the **sliced lettuce** and **baby plum tomatoes**. Toss to coat.



## Make the Burgers

Put the **Mexican style spice mix**, **breadcrumbs** and **water for the breadcrumbs** (see ingredients for amount) into a large bowl, then mix to combine. Add the **beef mince**, **coriander** and **garlic**. Season with the **salt for the burgers** (see ingredients for amount) and **pepper**, then mix together with your hands. Roll the **mince** into even-sized balls, then shape into 1cm thick **burgers** (1 per person). **IMPORTANT: Wash your hands and equipment after handling raw mince.** **TIP: The burgers will shrink a little during cooking.**



## Finish and Serve

When everything is ready, stack 2 of the **whole baby gem leaves** onto each plate. Pop the **cheesy burger** on top of the **leaves**, then top with the **onion relish**. Serve with the **wedges** and **baby gem salad** on the side.

## Enjoy!

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