



Double Cheese Baked BBQ Burgers with Wedges and Salad

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

8



Potatoes



Garlic Salt



Panko Breadcrumbs



Beef Mince



Medium Tomato



Cider Vinegar



Mature Cheddar Cheese



Red Leicester



BBQ Sauce



Seeded Burger Bun



Rocket

Pantry Items
Olive Oil

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, bowl, baking paper and grater.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Salt	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	10g	15g	20g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Beef Mince**	240g	360g	480g
Medium Tomato	1	2	2
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp
Mature Cheddar Cheese** 7	30g	45g	60g
Red Leicester** 7	30g	60g	60g
BBQ Sauce	32g	48g	64g
Seeded Burger Bun 8 11 13	2	3	4
Rocket**	40g	40g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	559g	100g
Energy (kJ/kcal)	3571 /854	639 /153
Fat (g)	37.1	6.7
Sat. Fat (g)	16.9	3
Carbohydrate (g)	89.8	16.1
Sugars (g)	10.1	1.8
Protein (g)	42.9	7.7
Salt (g)	1.75	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 11) Soya 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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Roast the Wedges

Preheat your oven to 200°C.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop 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.



Make the Salad

Meanwhile, chop the **tomatoes** into 2cm pieces.

Put the **cider vinegar** and **olive oil for the dressing** (see ingredients for amount) into a medium bowl. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any).

Mix together and add the **tomatoes**. Stir to combine and set aside.

Grate the **Cheddar** and **Red Leicester**.



Make the Burgers

Put the **garlic salt**, **breadcrumbs** and **water** for the **breadcrumbs** (see ingredients for amount) into a large bowl, then mix to combine.

Add the **beef mince**. Season with **salt** 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.



Grill the Cheese

Once the **burgers** and **wedges** are cooked, transfer the **wedges** to the bottom of your oven.

Remove the **burgers** from your oven and carefully pile the **cheese** on top of them, followed by the **BBQ sauce**.

Turn your oven to grill setting, then pop your **burgers** under and grill until the **cheese** has melted, 2-3 mins.



Time to Bake

Pop the **burgers** onto a lined or lightly oiled 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

Meanwhile, halve the **burger buns**. Pop onto a baking tray and into your oven to warm through, 2-3 mins.

Sandwich the **burgers** and a handful of **rocket** per person into your **buns**.

Add the **remaining rocket** to the **dressing** and toss to coat.

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

Enjoy!