



Herby Burgers and Wedges with Parsley Tomato Salad

Family 40-45 Minutes • Mild Spice

2



Potatoes



Flat Leaf Parsley



Garlic Clove



Dried Oregano



Panko Breadcrumbs



Beef Mince



Baby Plum Tomatoes



Red Wine Vinegar



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
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	1	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13)	10g	25g	25g
Beef Mince**	240g	360g	480g
Baby Plum Tomatoes	125g	190g	250g
Red Wine Vinegar 14)	12g	18g	24g
Burger Bun 13)	2	3	4
Streaky Bacon**	4 rashers	6 rashers	8 rashers
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	511g	100g	541g	100g
Energy (kJ/kcal)	3385 / 809	662 / 158	3743 / 895	691 / 165
Fat (g)	40.3	7.9	47.0	8.7
Sat. Fat (g)	10.6	2.1	13.5	2.5
Carbohydrate (g)	77.6	15.2	77.6	14.3
Sugars (g)	8.8	1.7	8.8	1.6
Protein (g)	39.1	7.6	44.6	8.2
Salt (g)	2.04	0.4	3.02	0.56

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

Allergens

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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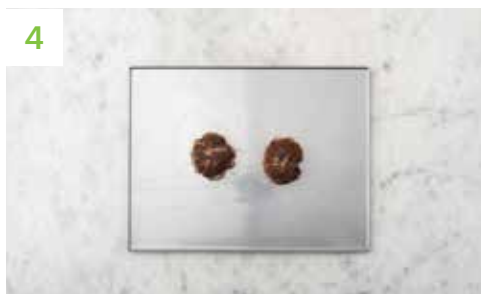
Roast the Wedges

Preheat your oven to 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.



Time to 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 burgers are cooked when no longer pink in the middle.

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



Get Prepped

Meanwhile, finely chop the **parsley** (stalks and all).

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



Make the Tomato Salad

Meanwhile, halve the **tomatoes** and pop them into a bowl. Add the remaining **parsley** along with the **red wine vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper** and mix together.

Just before the **wedges** are cooked, halve the **burger buns**. Pop them 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.



Make the Burgers

In a large bowl, combine the **garlic**, **oregano** and **half the parsley**. Mix in the **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 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.



Finish and Serve

When everything's ready, spread some **mayo** (see pantry for amount) on each **bun base**. Top the **bases** with the **burgers**, then sandwich shut.

Serve with the **potato wedges** and **parsley tomato salad**.

Enjoy!

CUSTOM RECIPE

Top each **burger** with **2 bacon rashers**, some **rocket** and the **bun lid**.