



Herby Burgers and Wedges with Parsley Tomato Salad

Family 40-45 Minutes

10



-  Potatoes
-  Flat Leaf Parsley
-  Garlic Clove
-  Dried Oregano
-  Panko Breadcrumbs
-  Garlic Salt
-  Beef Mince
-  Baby Plum Tomatoes
-  Red Wine Vinegar
-  Glazed Burger Bun



Mature Cheddar Cheese

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
Garlic Salt	½ sachet	¾ sachet	1 sachet
Beef Mince**	240g	360g	480g
Baby Plum Tomatoes	125g	190g	250g
Red Wine Vinegar 14)	12g	12g	24g
Glazed Burger Bun 13)	2	3	4
Mature Cheddar Cheese** 7)	45g	60g	90g
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	535g	100g
Energy (kJ/kcal)	3392 / 811	663 / 159	3784 / 904	708 / 169
Fat (g)	40.3	7.9	48.1	9.0
Sat. Fat (g)	10.6	2.1	15.5	2.9
Carbohydrate (g)	78.0	15.3	78.0	14.6
Sugars (g)	8.8	1.7	8.9	1.7
Protein (g)	39.2	7.7	44.9	8.4
Salt (g)	1.56	0.30	2.73	0.51

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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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.



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 burgers are cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to add **Cheddar** to your meal, grate it while the **burgers** cook. Once cooked, top the **burgers** with the **cheese** and return to the oven until melted, 2-3 mins.



Get Prepped

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

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



Parsley Tomato Salad Time

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.



Make your Burgers

In a large bowl, combine the **garlic**, **oregano** and **half the parsley**. Mix in the **breadcrumbs**, **garlic 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 the **base** of each **bun**. Add the **burger**, then top with the **bun lid**.

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

Enjoy!