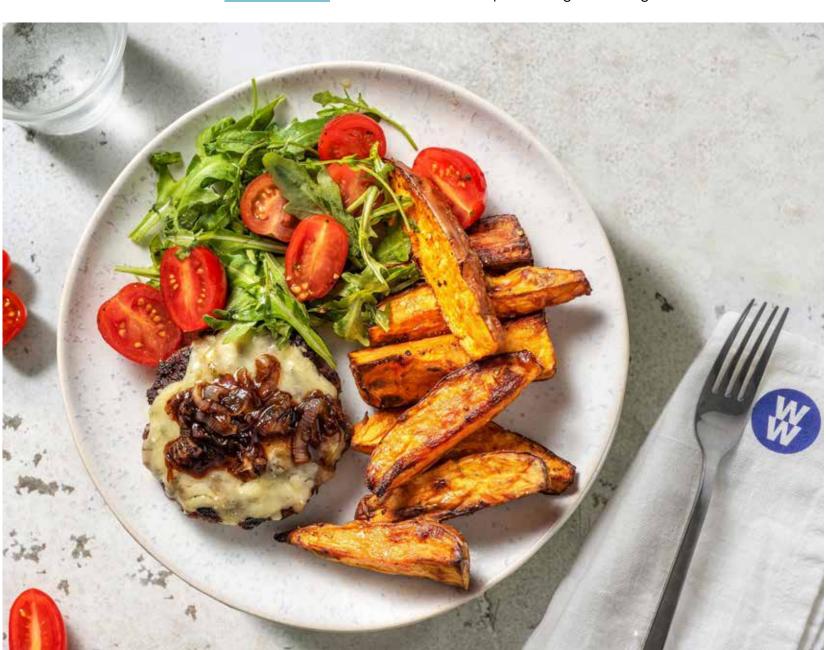


Naked Cheeseburger with Caramelised Onion, Sweet Potato Wedges and Salad

35-40 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories







**Sweet Potato** 





Baby Plum Tomatoes



**Red Onion** 







Italian Style Herbs





Balsamic Vinegar



Rocket

#### Before you start

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

# **Cooking tools**

Grater, baking tray, bowl, frying pan and aluminium foil. Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Baby Plum Tomatoes	125g	250g	250g
Red Onion**	1	2	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Salt for the Burgers*	1/4 tsp	½ tsp	½ tsp
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Rocket**	40g	60g	80g

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

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	528g	100g
Energy (kJ/kcal)	2600 /621	492/118
Fat (g)	26	5
Sat. Fat (g)	12	2
Carbohydrate (g)	62	12
Sugars (g)	20	4
Protein (g)	32	6
Salt (g)	1.47	0.28

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

# **Allergens**

7) Milk 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

#### Contact

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# Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the sweet potatoes into 2cm wide wedges (no need to peel). Halve the baby plum tomatoes. Halve, peel and thinly slice the **red onion**. Grate the Cheddar.



# **Bake the Wedges**

Pop the sweet potato wedges 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. Once your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



# Shape the Burgers

Meanwhile, put the Italian style herbs and beef mince into a large bowl. Season with the salt for the burgers (see ingredients for amount) and pepper, then mix together with your hands to combine. Roll the mince into even-sized balls, then shape into 2cm thick burgers (1 per person). TIP: The burgers will shrink a little during cooking. Pop onto a lightly oiled baking tray and bake on the middle shelf of your oven until cooked through, 12-15 mins. IMPORTANT: Wash your hands and equipment after handling raw mince. The burgers are cooked when no longer pink in the middle.



### Caramelise the Onion

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the onion and season with salt and pepper and fry until soft and sweet, 8-10 mins. Add half the balsamic vinegar with a pinch of sugar (if you have any) and cook until the vinegar has evaporated, 1-2 mins. Transfer to a small bowl and set aside.



# Add the Cheese

When the **burgers** are cooked, remove from the oven and carefully place the **cheese** on top of each. Cover loosely with foil, then set aside for 3-4 mins for the cheese to melt.



# Plate Up

Meanwhile, pop the remaining balsamic vinegar, a pinch of **sugar** and a drizzle of **oil** into a bowl. Season with salt and pepper, then add the tomatoes and rocket to the dressing and toss to coat. Share the burgers between your plates and top with the caramelised onion. Serve with the sweet potato wedges and salad alongside.

Enjoy!

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