



Naked Cheeseburger

with Caramelised Onion, Sweet Potato Wedges and Salad

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

27



Sweet Potato



Baby Plum Tomatoes



Red Onion



Mature Cheddar Cheese



Italian Style Herbs



Beef Mince



Balsamic Vinegar



Rocket

Pantry Items
Salt

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*	¼ 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.

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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**.



Caramelize 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.



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.



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.



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.



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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