



Cooking Made Easy

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Pork and Apple Burger with Rosemary Chips

Nothing makes us happier than respinning a fast food favourite into an equally fast, but healthy dinner! This week we've turned our attention to the trusty hamburger. No crazy additives and preservatives. Instead we've got the best pork we can lay our hands on from our butcher Nick 'The Knife' and added some homemade chunky chips. If you happen to have a slice of cheese in the fridge we won't tell!



35 min



family box



lactose free



Rosemary



Potatoes



Apple



Pork Mince



Demi Brioche Bun



Steve's Leaves:
Baby Watercress

Ingredients

	2P	4P
Rosemary	-	4 sprigs
Potatoes	-	4
Apple, grated	-	8 tbsp
Pork Mince	-	450g
Demi Brioche Bun 1, 2	-	4
Steve's Leaves: Baby Watercress	-	2 bags

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Gluten | 2) Egg

Nutrition per serving: Calories: 775 kcal | Protein: 27 g | Carbs: 99 g | Fat: 28 g | Saturated Fat: 6 g



2 Pre-heat the oven to 220 degrees. **Tip:** Take your pork out of the fridge around 45 mins prior to cooking if you can - bringing it up to room temperature will mean it cooks more evenly later. Strip the leaves from the rosemary and chop them into a coarse powder.



2 Scrub your potato under water. Chop the potatoes in half lengthways and then chop lengthways into chips. Toss in 1 tbsp of olive oil, a good pinch of salt and pepper and 1 tbsp of rosemary. Cook on the top shelf of the oven for around 30 mins until crispy (turning once).



3 Peel and then coarsely grate the apple, discarding the core and squeeze out some of the juice. In a bowl mix $\frac{1}{2}$ tbsp rosemary, the pork and 8 tbsp of apple. Mix in just under $\frac{1}{2}$ tsp of salt and a few good grinds of black pepper.



4 Form the pork into four equally sized patties. **Tip:** Press the meat together only as hard as you need to for it to stick. The more loosely packed the meat the better the burger!

5 Heat 1 tbsp of olive oil on medium-high heat in a non-stick pan. Once hot gently add your burgers and cook for around 4-5 mins on each side. **Tip:** Don't even consider turning your burger until it has formed a nice crust on the underside or else it could stick to the pan and break up.

6 Split your demi brioche buns in half and toast them lightly.

7 Dress the salad leaves with a drizzle of olive oil and a pinch of salt and pepper. **Tip:** If you feel like giving your salad a fancy twist, chop up some of your remaining apple and add to the mix. Serve the burgers with your chips and some of the dressed salad leaves.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!