

Cheese & Caramelised Onion Plant-Based Burger with Wedges and Rocket & Tomato Salad

Sunshine Dining 35-40 Minutes • Veggie



Potatoes



Mature Cheddar Cheese



Medium Tomato



Burger Bun



Cider Vinegar



Unconventional Plant-Based Burger



Onion Marmalade



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Mayonnaise

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, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Medium Tomato	1	2	2
Burger Bun 13)	2	3	4
Cider Vinegar 14)	15ml	22ml	30ml
Unconventional Plant-Based Burger** 11)	2	3	4
Onion Marmalade	30g	40g	60g
Wild Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	509g	100g
Energy (kJ/kcal)	3251/777	639/153
Fat (g)	34.9	6.9
Sat. Fat (g)	58.1	11.4
Carbohydrate (g)	86.7	17.0
Sugars (g)	15.8	3.1
Protein (g)	29.9	5.9
Salt (g)	2.51	0.49

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

Allergens

7) Milk 11) Soya 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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Get the Wedges in

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **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.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Bake your Burgers

When the **wedges** have 12 mins remaining, place the **plant-based burgers** on a lightly oiled, large baking tray.

Bake on the middle shelf until browned, 8-9 mins.



Prep Time

Meanwhile, grate the **Cheddar cheese**.

Cut the **tomato** into 2cm chunks.

Halve the **burger buns**.



Cheese Please

Once the **burgers** are cooked, remove from the oven and place the **cheese** on top of them. Put the **burger buns** on the same baking tray.

Return to the middle shelf of your oven until the **cheese** is melted and the **buns** are warmed through, 2-3 mins.



Mix the Dressing

Put the **cider vinegar** in a medium bowl with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix together.

Add the **tomatoes** to the **dressing** and mix again, then set aside.



Finish and Serve

When everything's ready, spread the **mayo** on the **bun bases** (see pantry for amount) and the **onion marmalade** on the **bun lids**. Top the **bases** with some **rocket** and a **cheesy plant-based burger**, then sandwich shut with the **bun lids**.

Add the remaining **rocket** to the bowl of **tomatoes** and toss to coat in the **dressing**.

Serve your **burgers** with the **wedges** and **salad** alongside.

Enjoy!