



Cheesy BBQ Pork Burger with Wedges and Rocket & Apple Salad

Family 35-40 Minutes

9



Potatoes



Mature Cheddar Cheese



Panko Breadcrumbs



Pork Mince



Cider Vinegar



Apple



Glazed Burger Bun



BBQ Sauce



Rocket

Pantry Items
Salt, Olive Oil

Before you start

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

Cooking tools

Baking tray, grater, bowl, frying pan and lid.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	45g	60g
Panko Breadcrumbs 13)	10g	20g	25g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Pork Mince**	240g	360g	480g
Salt for the Burger*	¼ tsp	½ tsp	½ tsp
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Apple**	1	1	2
Glazed Burger Bun 13)	2	3	4
BBQ Sauce	96g	128g	144g
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	3347 /800	608 /145
Fat (g)	28.8	5.2
Sat. Fat (g)	10.2	1.9
Carbohydrate (g)	100.0	18.2
Sugars (g)	19.2	3.5
Protein (g)	37.1	6.8
Salt (g)	2.67	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

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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Make the Wedges

Preheat your oven to 200°C.

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.

Meanwhile, grate the **cheese**.



Mix the Dressing

While the **burgers** fry, add the **cider vinegar** and **olive oil for the dressing** (see ingredients for amount) to a medium bowl.

Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then mix together and set the **dressing** aside.

Quarter, core and thinly slice the **apple** (no need to peel).



Shape the Burgers

Put the **breadcrumbs** and **water for the breadcrumbs** (see ingredients for amount) into a large bowl, then mix to combine.

Add the **pork mince**. Season with the **salt for the burgers** (see ingredients for amount) and **pepper**, then mix together with your hands.

Roll the **mince** into even-sized balls, then shape into 1cm thick **burgers** (1 per person).

IMPORTANT: Wash your hands and equipment after handling raw mince. TIP: The burgers will shrink a little during cooking.



Cheese Time

Once cooked, carefully place the **cheese** on top of the **burgers**. Cover with a lid (or foil), then set aside, off the heat, for 3-4 mins for the **cheese** to melt.

Meanwhile, halve the **burger buns**. Pop them onto a baking tray and into your oven to warm through, 2-3 mins.



Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **burgers** and fry until browned on the outside and cooked through, 12-14 mins in total.

Carefully turn them every 3-4 mins and lower the heat if needed. **IMPORTANT: The burgers are cooked when no longer pink in the middle.**



Finish and Serve

When everything is ready, spread the **BBQ sauce** on the **bun lids**. Lay the **cheesy burgers** on the **bases**, top with some **rocket**, then the **bun lids**.

Add the **apple slices** and remaining **rocket** to the **dressing** bowl and toss well to coat. **TIP: Keep a portion of salad aside before dressing for anyone who'd prefer it without.**

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

Enjoy!