HELLO FRESH

Cheesy Melt in the Middle Beef Burger
with Wedges and Balsamic Pea Shoot Salad

Family 35-40 Minutes

Potatoes

Mature Cheddar Cheese

Garlic Clove

Sun-Dried Tomato Paste

Panko Breadcrumbs

Beef Mince

Medium Tomato

Balsamic Glaze

Glazed Burger Bun

Pea Shoots

Pantry Items
Olive Oil, Mayonnaise

Cooking tools
Baking tray, garlic press and bowl.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	45g	60g
Garlic Clove**	1	2	2
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	10g	25g	25g
Beef Mince**	240g	360g	480g
Medium Tomato	1	2	2
Balsamic Glaze 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Glazed Burger Bun 13)	2	3	4
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Pea Shoots**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 523g	Per 100g 100g
Energy (kJ/kcal)	3599 /860	689 /165
Fat (g)	41.0	7.8
Sat. Fat (g)	13.1	2.5
Carbohydrate (g)	81.7	15.6
Sugars (g)	11.6	2.2
Protein (g)	42.1	8.1
Salt (g)	1.62	0.31

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.

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1

Cook the Wedges

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

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

2

Shape your Burgers

Meanwhile, cut the **cheese** in half widthways. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **sun-dried tomato paste**, **garlic** and **breadcrumbs**, then add the **beef mince**. Season with **salt** and **pepper** and mix together with your hands.

Roll into even-sized balls, then shape into 2cm **burgers** around a chunk of **cheese**, ensuring they're well sealed, 1 per person. **TIP:** *The burgers will shrink a little during cooking.* **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

3

Ready, Steady, Bake

Pop the **burgers** onto a lightly oiled baking tray and bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

4

Prep the Salad

While the **burgers** cook, chop the **tomatoes** into 2cm pieces.

Put the **balsamic glaze** and **olive oil for the dressing** (see ingredients for amount) in a medium bowl. Season with **salt** and **pepper**, then add the **tomatoes** and mix to combine. Set aside for now.

5

Warm the Buns

When the **wedges** and **burgers** are almost cooked, halve the **burger buns**.

Pop onto a baking tray and into the oven to warm through, 2-3 mins.

6

Assemble and Serve

When everything is ready, pop the **buns** on your plates and spread a little **mayo** (see ingredients for amount) over the cut sides. Fill with a **burger** and a handful of **pea shoots**. **TIP:** *Scoop up any escaped cheese from the baking tray and pile on top.*

Add the remaining **pea shoots** to the **tomato** bowl and toss to coat.

Serve your **melt in the middle burgers** with the **wedges** and **salad** alongside.

Enjoy!