




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

Family 40-50 Minutes • 1 of your 5 a day

10



-  Potatoes
-  Mature Cheddar Cheese
-  Garlic Clove
-  Sun-Dried Tomato Paste
-  Panko Breadcrumbs
-  Beef Mince
-  Medium Tomato
-  Balsamic Glaze
-  Glazed Burger Bun
-  Premium Baby Leaf Mix

Recipe Update
Due to supply issues with **pea shoots**, you'll instead receive **baby leaf salad**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper, Olive Oil, 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, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Garlic Clove**	1	2	2
Sun-Dried Tomato Paste	25g	37g	50g
Panko Breadcrumbs 13)	10g	25g	25g
Beef Mince**	240g	360g	480g
Medium Tomato	1	2	2
Balsamic Glaze 14)	12ml	12ml	24ml
Glazed Burger Bun 13)	2	3	4
Premium Baby Leaf Mix**	50g	75g	100g

Pantry	2P	3P	4P
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3647 /872	669 /160
Fat (g)	42.9	7.9
Sat. Fat (g)	13.5	2.5
Carbohydrate (g)	82.2	15.1
Sugars (g)	12.3	2.3
Protein (g)	43.8	8.0
Salt (g)	1.98	0.36

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

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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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 them 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.



Prep the Salad

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

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



Shape your Burgers

Meanwhile, cut the **cheese** into even chunks, 1 per person. 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**, then mix together with your hands.

Roll the **mince** into even-sized balls. Shape into 2cm thick **burgers** around a **chunk** of **cheese**, ensuring they're well sealed, 1 per person. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



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.



Ready, Steady, Bake

Pop the **burgers** onto a 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.



Assemble and Serve

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

Add the remaining **baby leaves** to the **tomato** bowl and toss to coat.

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

Enjoy!