



# Herby Beef Burgers

with Potato Wedges and Tomato Salad

**CLASSIC** 40 Minutes • Medium Heat • 1 of your 5 a day

N° 2



Potato



Flat Leaf Parsley



Red Chilli



Echalion Shallot



Garlic Clove



Dried Oregano



Panko Breadcrumbs



Beef Mince



Baby Plum Tomatoes



Red Wine Vinegar



Burger Bun



Mayonnaise

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Baking Tray, Fine Grater (or Garlic Press), Frying Pan and Mixing Bowl.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	1	1	2
Echalion Shallot**	1	1½	2
Garlic Clove**	1 clove	1 clove	2 cloves
Dried Oregano	1 small pot	¾ large pot	1 large pot
Panko Breadcrumbs <b>13)</b>	10g	25g	25g
Beef Mince**	240g	360g	480g
Water for the Burgers*	2 tbsp	3 tbsp	4 tbsp
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Red Wine Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Burger Bun <b>8)</b> <b>11)</b> <b>13)</b>	2	3	4
Mayonnaise <b>8)</b> <b>9)</b>	2 sachets	3 sachets	4 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	624g	100g
Energy (kJ/kcal)	3971 /949	637 /152
Fat (g)	49	8
Sat. Fat (g)	11	2
Carbohydrate (g)	92	15
Sugars (g)	10	2
Protein (g)	37	6
Salt (g)	0.85	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**8)** Egg **9)** Mustard **11)** Soya **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them on a large baking tray and drizzle over some **oil**. Season with **salt** and **pepper**. Spread out in a single layer, then roast on the top shelf of your oven until golden on the outside and soft in the middle, 25-30 mins. Turn halfway through cooking.



## 4. Cook the Burgers

Heat a drizzle of **oil** in a 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 4 mins and lower the heat if they are burning. **IMPORTANT:** The burgers are cooked when they are no longer pink in the middle.



## 2. Get Prepped

Meanwhile, finely chop the **parsley** (stalks and all!). Halve the **chilli** lengthways, deseed and finely chop. Halve, peel and finely chop the **shallot**. Peel and grate the **garlic** (or use a garlic press).



## 5. Make the Salad

While the burgers cook, halve the **tomatoes** and pop them in a bowl. Add the remaining **parsley** and **chilli** along with the **red wine vinegar** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Halve the **burger buns**. A couple of mins before the **wedges** are cooked, put the **buns** in your oven to warm through.



## 3. Make the Burgers

Put the **shallot**, **garlic**, **oregano**, **half the parsley** and **half the chilli** in a large bowl. Add the **breadcrumbs**, **beef mince** and **water** (see ingredients for amount). Season with **salt** and **pepper**. Mix with your hands and shape into **burgers** about 2cm thick, 1 per person. **IMPORTANT:** Remember to wash your hands after handling raw meat!



## 6. Finish and Serve

When everything is ready, spread some **mayonnaise** on the bottom of each **bun**, add the **burger** followed by the top of the **bun**. Serve with the **potato wedges** and **tomato salad**.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.