

Herby Beef Burgers

with Potato Wedges and Tomato Salad

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









Flat Leaf Parsley



Red Chilli



Echalion Shallot



Garlic Clove



Beef Mince

Dried Oregano



Panko Breadcrumbs





Baby Plum Tomatoes





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	3/4 large pot	1 large pot
Panko Breadcrumbs 13)	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 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Burger Bun 8) 11) 13)	2	3	4
Mayonnaise 8) 9)	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.

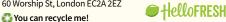
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



The Fresh Farm 60 Worship St, London EC2A 2EZ





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.



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).



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!



4. Cook the Burgers

Heat a drizzle of **oil** in a frying pan on mediumhigh 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.



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.



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.