



Herby Burgers

with Potato Wedges and Chimichurri Tomato Salad

Family Hands On Time: 30 Minutes • Total Time: 40 Minutes • Medium Spice • 1 of your 5 a day

8



- 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 and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Fine Grater (or Garlic Press), Two Large Bowls, Frying Pan and Measuring Jug.

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	1	2
Garlic Clove**	1 clove	1 clove	2 cloves
Dried Oregano	1 small pot	1 large pot	2 small pots
Panko Breadcrumbs 13)	10g	25g	25g
Water*	2 tbsp	3 tbsp	4 tbsp
Beef Mince**	240g	360g	480g
Baby Plum Tomatoes	125g	190g	250g
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil*	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 ingredient	588g	100g
Energy (kJ/kcal)	3506 / 838	597 / 143
Fat (g)	37	6
Sat. Fat (g)	10	2
Carbohydrate (g)	92	16
Sugars (g)	9	2
Protein (g)	36	6
Salt (g)	1.10	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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The Fresh Farm

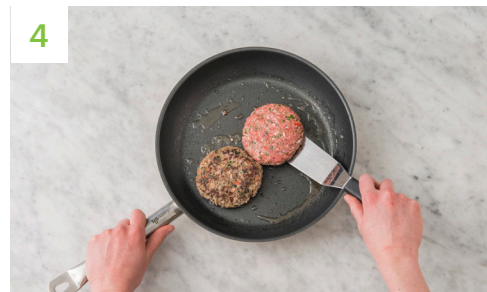
60 Worship St, London EC2A 2EZ

 You can recycle me!



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.



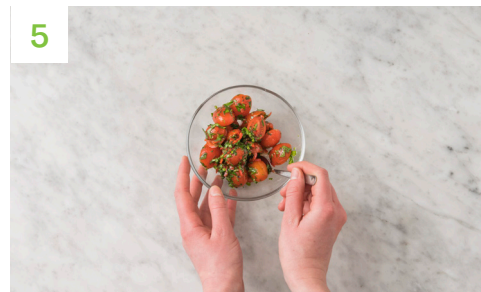
Cook the burgers

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.* **TIP:** *Drain any excess fat from the pan at the end.*



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).



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.



Make the Burgers

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



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.