



Italian Style Lamb Burgers

with Sun-Dried Tomatoes, Pesto and Wedges



HELLO SUN-DRIED TOMATOES

The practice of drying tomatoes in the sun was originally done on roof tiles and most likely originated in Italy, for the purpose of preserving the tomatoes for use during winter.



Potato



Italian Style Herbs



Burger Bun



Sun-Dried Tomatoes



Lamb Mince



Green Pesto



Rocket

We've gone for a bit of a fusion theme with this recipe – classic Italian ingredients sun-dried tomatoes and pesto 'fused' with a lamb burger! It may not be the most traditional way of using Italian ingredients, but this is fusion at it's finest!

35 mins

MEAL BAG

1

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Large Baking Trays**, a **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potato** into 2cm wide wedges (no need to peel!). Pop them on a large baking tray in a single layer. Drizzle with **oil** and season with a pinch of **salt** and **pepper** and **half** the **Italian style herbs**. Toss to coat in the **seasoning** then roast on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



4 COOK THE BURGER

Fifteen mins before the wedges are done, heat a drizzle of **oil** in a frying pan on high heat. Once the **oil** is hot, lay in the **burgers** and fry until nicely browned, 2 mins on each side. Reduce the heat to medium and continue frying them, turning occasionally, until they are cooked through, 8-10 mins.

! IMPORTANT: The burgers are cooked when no longer pink in the middle. Once cooked, remove the pan from the heat.



2 PREP THE BUN

Meanwhile halve the **burger buns** and set aside. When the **wedges** have 5 mins left to cook, add the **burger buns** to the middle shelf of your oven on another baking tray, toast for 4-5 mins.



5 DRESSING TIME

Put **half** the **pesto** in a large bowl and add the **olive oil** (see ingredients for amount). Add a grind of **pepper** and mix together with a fork. Leave to the side. Once the **burger buns** are nicely toasted, remove from the oven. Divide the remaining **pesto** between the top half of each **bun** spreading it out with a spoon.



3 MAKE THE BURGER

Finely chop the **sun-dried tomatoes** and pop them in a mixing bowl with the **lamb mince**, remaining **Italian style herbs**, a pinch of **salt** and a large grind of **pepper**. Mix together with your hands until well combined, then shape into **burgers** (1 per person). **★ TIP:** Make the burgers thinner than you want as they will get fatter as they cook. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



6 FINISH AND SERVE

Place the **burgers** on the bottom half of the **buns**, finish with a little **rocket** and the **pesto dressing** and toss to coat. Serve the **lamb burger** with the **rocket** and **wedges** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Italian Style Herbs	1 small pot	1 small pot	2 small pots
Burger Bun 8) 11) 13)	2	3	4
Sun-Dried Tomatoes	1 small bag	1 small bag	1 large bag
Lamb Mince *	200g	300g	400g
Green Pesto 2) 7) 8)	1 pot	1 pot	2 pots
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Rocket *	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 468G	PER 100G
Energy (kJ/kcal)	3241 / 775	693 / 166
Fat (g)	31	7
Sat. Fat (g)	8	2
Carbohydrate (g)	94	20
Sugars (g)	12	3
Protein (g)	31	7
Salt (g)	2.67	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 8) Egg 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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