



# JUICY CHEESE BURGER

with Sweet Potato Wedges and Rocket Salad



## HELLO TOMATO KETCHUP

Late 19th century Americans considered tomato ketchup a sort of medicine or tonic.



Sweet Potato



Garlic Salt



Brioche Bun



Cheddar Cheese



Beef Mince



Dried Oregano



Panko Breadcrumbs



Tomato Ketchup



Vine Tomato



Rocket

MEAL BAG

35 mins

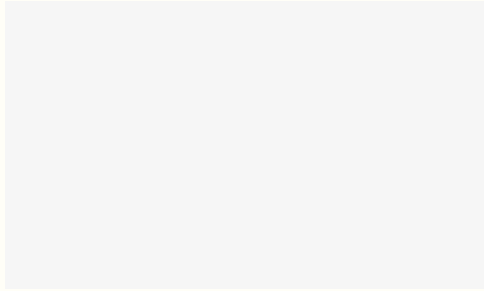
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Enjoy within 2 days

Oregano is one of the nation's most loved herbs. But while we sprinkle it into pasta sauces and lasagnes with ease, our burgers often lack this tasty herb. Well, no more! This beef burger is as happy as can be with its new Italian buddy, oregano. And don't forget to add this amazing Stokes ketchup. It's DELICIOUS!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Coarse Grater, Mixing Bowl, Frying Pan** (with a **Lid**) and some **Kitchen Paper**. Now, let's get cooking!



### 1 COOK THE WEDGES

Preheat your oven to 200°C. Chop the **sweet potato** into **wedges** about the size of your index finger (no need to peel!). Spread in a single layer on a baking tray (use two baking trays if you can't spread out the wedges in a single layer - you don't want to crowd them!). Sprinkle over **half** the **garlic salt** and cook on the top shelf of your oven until browned on the outside, 25-30 mins.



### 4 MAKE THE SALAD

While the **burgers** cook, cut one slice of **tomato** per person and chop the rest into 2cm chunks. Put the chunks into a bowl with **three-quarters** of the **rocket**.

### 2 MAKE THE BURGERS

Split each **brioche bun** in half and grate the **cheddar cheese**. In a bowl combine the **beef mince**, remaining **garlic salt**, **dried oregano**, **panko breadcrumbs**, **half** the **ketchup** and a few grinds of **black pepper**. Divide the **beef mixture** into equal portions, one per person, then, with your hands, form into **burger patties** roughly 1½cm thick.

★ **TIP:** Remember to wash your hands after handling raw meat!



### 5 TOAST THE BUNS

When the **burgers** are cooked, remove them from the pan and allow to rest on a board for a couple of mins. Wipe out the pan with some kitchen paper and pop back on medium-high heat. Toast the **buns** in your pan for 1-2 mins on each side.

### 3 COOK THE BURGERS

Heat a splash of **oil** in a frying pan on medium-high heat. Once hot, gently add in the **burger patties** and cook for 5-7 mins on each side, or until the **meat** is fully cooked with no pink bits remaining. When ready, pop the **cheese** on top of the **burgers**, turn the heat to low and add a splash of **water** to the pan. Cover with a lid or some foil and leave for 2-3 mins so the **cheese** melts.



### 6 FINISH AND SERVE

Drizzle a little **oil** over the **rocket** and **tomato salad** and add a pinch of **salt** and **pepper**. Spread a little of the remaining **ketchup** on each toasted bun. Place a **burger** on top, then add a **tomato slice** and some remaining **rocket**. Serve with the **sweet potato wedges** and **salad** on the side.

## 2 PEOPLE INGREDIENTS

Sweet Potato, chopped	1
Garlic Salt	½ tsp
Brioche Bun, halved 7) 8) 11) 13)	2
Cheddar Cheese, grated 7)	30g
Beef Mince	250g
Dried Oregano	¾ tsp
Panko Breadcrumbs 13)	20g
Tomato Ketchup 10)	1 tbsp
Vine Tomato	2
Rocket	1 bag

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 621G	PER 100G
Energy (kcal)	806	130
(kJ)	3397	547
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	106	17
Sugars (g)	25	4
Protein (g)	41	7
Salt (g)	3.03	0.49

### ALLERGENS

7) Milk 8) Egg 10) Celery 11) Soya 13) Gluten

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

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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