



More Than Food
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Lamb and Mint Burger with Cheese and Onion Wedges

"What's more British than cheese and onion?" our Chef André asks.
"Mint and lamb, perhaps?" he replies. So, go on, get stuck in - and let us know what you think of it!!



45 mins



eat within
4 days



2 of your
5 a day



family box



super
spicy



Red Potato (2 packs)



Red Onion (1)



Garlic Clove
(1)



Mint (1 bunch)



Lamb Mince (500g)



Baby Gem Lettuce
(1)



Cucumber
(1)



Cheddar Cheese
(80g)



Dijon Mustard (1/2 tsp)



White Wine Vinegar
(1 tbsp)



Olive Oil (4 tbsp)



Brioche Bun
(4)

4 PEOPLE INGREDIENTS

- Red Potato, chopped
- Red Onion, sliced
- Garlic Clove, grated
- Mint, shredded
- Lamb Mince
- Baby Gem Lettuce

2 packs
1
1
1 bunch
500g
1

- Cucumber, chopped
- Cheddar Cheese
- Dijon Mustard
- White Wine Vinegar
- Olive Oil
- Brioche Bun

1
80g
½ tsp
1 tbsp
4 tbsp
4



Our fruit and veggies may need a little wash before cooking!

Did you know...

Cucumbers, being part of the melon family, are actually a fruit not a vegetable!

Allergens: Milk, Egg, Soya, Mustard, Sulphites, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	828 kcal / 3478 kJ	42 g	15 g	78 g	9 g	39 g	2 g
Per 100g	132 kcal / 555 kJ	7 g	2 g	12 g	1 g	6 g	0 g

Dijon Mustard Ingredients: Water, Mustard Seeds (30%), Spirit Vinegar, Salt, Acidity Regulator: Citric Acid.

1



1 Preheat your oven to 200 degrees. Cut the **red potato** in half lengthways (no need to peel) and then chop into wedges approximately the size of your thumb. Pop them on a baking tray and drizzle with **oil** and a generous pinch of **salt**. Toss well and roast on the top shelf of your oven for 30 mins.

2



2 Cut the **red onion** in half through the root and peel. Thinly slice one half into half moon shapes and chop the other half into the smallest cubes as you can. Peel and grate the **garlic** (or use a garlic press if you have one). Finely shred the **mint leaves**.

3 Pop the **lamb mince** in a mixing bowl and add your finely chopped **onion cubes**, **garlic** and two-thirds of your **mint leaves**. Add a pinch of **salt** and a good grind of **black pepper**. Mix everything together and shape into equal-sized burgers.

4 For your **salad**, remove the root from the **baby gem lettuce** and separate the **leaves**. Cut the ends off the **cucumber**, quarter your **cucumber** lengthways and then scrape out the seeds with a spoon. Chop your strips of **cucumber** into 2cm chunks. Add your **cucumber** and your remaining **mint** to your **lettuce leaves**.

5 Grate the **cheddar cheese** and then make a **dressing** for your salad. Mix the **Dijon mustard** (amount specified in the ingredient list) with the **white wine vinegar** and the **olive oil** (amount specified in the ingredient list) and season with a pinch of **salt**.

7



6 Once your **wedges** have been cooking for 15 mins, turn them to make sure they brown evenly, then add your **sliced onion**. Toss well then return the tray to your oven for the remaining 15 mins.

7 Heat a frying pan over high heat and add a splash of **oil**. When the **oil** is hot, add your **burgers** and cook for 6 mins. Keep the heat high to make sure they brown nicely. Turn after 6 mins and cook for 6 mins more. **Tip:** The burgers are cooked when they are no longer pink in the middle.

8



8 When your **wedges** are cooked, remove the tray from your oven and heat your grill to high. Slice each **brioche bun** in half and toast under your grill until golden brown. Sprinkle all of your **cheese** on top of your **wedges** and pop them under your grill. Grill for 2 mins or until your cheese is bubbling.

9 Toss your **salad** in your **dressing**. Put a few leaves on the bottom part of your bun, top with a **burger** and then pop on the top of your bun. Serve your **burger** with a generous portion of your **cheese** and **onion wedges** and some **salad**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!