

Miso & Caramelised Onion Marmalade Burger with Soy Lime Dressed Salad

20 Minutes • 1 of your 5 a day











Panko Breadcrumbs







Cheddar Cheese





Baby Gem Lettuce





Soy Sauce



Lime

Coleslaw Mix



Mayonnaise

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Bowl, Frying Pan, Lid, Spatula, Grater. Ingredients

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	2P	3P	4P
Onion Marmalade	20g	30g	40g
Miso Paste 11)**	15g	22g	30g
Panko Breadcrumbs 13)	10g	15g	20g
Beef Mince**	240g	360g	480g
Cheddar Cheese 7) **	30g	45g	60g
Seeded Burger Bun 8) 11) 13)	2	3	4
Baby Gem Lettuce**	1	2	2
Lime**	1/2	1	1
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Coleslaw Mix**	120g	180g	240g
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Sugar for the Dressing*	¾ tsp	1 tsp	1½ tsp

Nutrition

*Not Included **Store in the Fridge

	Per serving	Per 100g
for uncooked ingredient	383g	100g
Energy (kJ/kcal)	2970 /710	775 /185
Fat (g)	37	10
Sat. Fat (g)	14	4
Carbohydrate (g)	57	15
Sugars (g)	15	4
Protein (g)	39	10
Salt (g)	2.87	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten

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

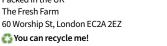
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Make the Burgers

- a) Put the onion marmalade and miso into a large bowl. Add the breadcrumbs and mix together. Season with salt and pepper, then add the beef mince.
- **b)** Mix with your hands until well combined.
- c) Roll the mince into even-sized balls then flatten to make **burger patties** 1cm thick (1 per person). **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Fry the Burgers

- a) Heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the burgers and fry until browned on the outside and cooked through, 12-14 mins in total.
- c) Carefully turn them every 3-4 mins and lower the heat if needed. IMPORTANT: The burgers are cooked when no longer pink in the middle. TIP: The burgers will shrink a little during cooking.



Finish the Prep

- a) Meanwhile, grate the cheese and halve the burger buns.
- b) Trim the root from the baby gem lettuce and reserve 1 leaf per person. Halve the remaining baby gem lettuce lengthways, then thinly slice widthways.
- c) Halve the lime.



Make the Salad

- a) Squeeze the lime juice into a medium bowl and add the soy sauce, sugar and olive oil (see ingredients for all amounts).
- b) Season with pepper and mix together to combine.
- c) Add the coleslaw to the bowl, mix together and set aside - we'll add the baby gem at the end to stop it from wilting.



Cheese Time

- a) When the burgers are cooked, remove the pan from the heat. Carefully place the cheese on top of the burgers.
- **b)** Cover with a lid (or wrap loosely in foil) then set aside, off the heat, for 3-4 mins for the cheese to melt.
- c) Meanwhile, spread some mayo on the base of your burger buns.



Serve

- a) Add the sliced lettuce to the coleslaw and dressing and toss to coat.
- b) Pop a burger patty and a whole lettuce leaf into each bun. Serve with the salad alongside.

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.