



Miso & Caramelised Onion Marmalade Burger with Soy Lime Dressed Salad

Rapid 20 Minutes • 1 of your 5 a day

13



Onion Marmalade



Miso Paste



Panko Breadcrumbs



Beef Mince



Cheddar Cheese



Seeded Burger Bun



Baby Gem Lettuce



Lime



Soy Sauce



Coleslaw Mix



Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Frying Pan, Lid, Spatula, Grater.

Ingredients

	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**	½	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

*Not Included **Store in the Fridge

Nutrition

	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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HelloFresh UK

Packed in the UK

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 You can recycle me!



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.



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.



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.



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**.



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**.



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.