



Mushroom and Cheddar Burger

with BBQ Onions, Wedges and Tomato Salad

Calorie Smart 40 Minutes • 2 of your 5 a day • Veggie • Under 600 Calories

23



Potatoes



Onion



Baby Gem Lettuce



Baby Plum Tomatoes



Flat Leaf Parsley



Cheddar Cheese



Portobello Mushroom



Red Wine Vinegar



Glazed Burger Bun



BBQ Sauce

Before you start

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

Cooking tools, you will need:

Baking Tray, Frying Pan, Grater and Bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Onion**	1	1	2
Baby Gem Lettuce**	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cheddar Cheese** 7)	60g	90g	120g
Portobello Mushroom**	2	3	4
Olive Oil*	½ tbsp	1 tbsp	1 tbsp
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Glazed Burger Bun 13)	2	3	4
BBQ Sauce 13)	64g	96g	128g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	593g	100g
Energy (kJ/kcal)	2439 /583	412 /98
Fat (g)	16	3
Sat. Fat (g)	7	1
Carbohydrate (g)	90	15
Sugars (g)	18	3
Protein (g)	21	3
Salt (g)	1.68	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Gluten 14) Sulphites

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!



Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** Roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



Finish the Mushrooms

Once the **potatoes** have 10 mins left, move them to the middle of the oven. Transfer the **mushrooms** (stalk side up) onto a baking tray. Divide the **Cheddar** between the **mushrooms** then bake on the top shelf of your oven until the **cheese** has melted, 8-10 mins.



Prep the Veg

Halve, peel and thinly slice the **onion**. Trim the **baby gem**. Reserve **1 leaf** per person, halve the remaining **lettuce** lengthways, then thinly slice widthways. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** to the pan and cook until softened, 6-8 mins. Stir occasionally. Meanwhile, halve the **tomatoes** and finely chop the **parsley** (stalks and all). Grate the **cheese**. Remove the stalk from the **portobello mushrooms** (but leave the **mushroom** whole).



Make the Salad

Meanwhile, pop the **tomatoes**, **parsley**, **sliced baby gem**, **olive oil** (see ingredients for amount) and **red wine vinegar** into a bowl. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Mix together and set aside. Halve the **burger buns**. Add the **BBQ sauce** to the **onions** and stir together.



Cook the Mushrooms

Once the **onion** has cooked, transfer to a bowl. Return the frying pan to medium-high heat with a drizzle of **oil**. Add the **mushrooms** to the pan and season with **salt** and **pepper**. Fry until golden brown, 3-4 mins, then turn over and cook for a further 3-4 mins.



Assemble and Serve

Pop your **burger buns** into your oven to warm through for the last 1-2 mins of **mushroom** cooking time. Divide the **buns** between your plates and top the bottom half with a **whole baby gem leaf** and the **cheesy mushroom**. Spoon over the **BBQ onions** and top with the **bun lid**. Serve with the **wedges** and **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.

