

# Oregano and Cranberry Sausage Burger with Wedges and Rocket Salad

Classic 40-45 Minutes













**Dried Cranberries** 

Mature Cheddar Cheese







Pork and Oregano Sausage Meat

Balsamic Vinegar



Glazed Burger Bun



Rocket



Apple Chutney

**Pantry Items** Oil, Salt, Pepper, Olive Oil

#### Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan with lid, grater, aluminium foil and bowl.

#### Ingredients

Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
Onion**	1	1	2	
<b>Dried Cranberries</b>	30g	45g	60g	
Mature Cheddar Cheese** 7)	30g	45g	60g	
Balsamic Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets	
Pork and Oregano Sausage Meat** 14)	225g	340g	450g	
Glazed Burger Bun <b>13)</b>	2	3	4	
Rocket**	40g	60g	80g	
Apple Chutney	1 pot	2 pots	2 pots	
*Not Included **Store in the Fridge				

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	534g	100g
Energy (kJ/kcal)	3310 / 791	620/148
Fat (g)	28.5	5.3
Sat. Fat (g)	12.1	2.3
Carbohydrate (g)	100.2	18.8
Sugars (g)	28.1	5.3
Protein (g)	31.1	5.8
Salt (g)	2.68	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

#### Contact

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# Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop 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.* 

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



# **Get Prepped**

While the **wedges** cook, halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and stir-fry until soft and golden, 6-8 mins.

Meanwhile, finely chop the **cranberries**. Grate the **cheese**.

Put the **balsamic vinegar** into a medium bowl, add a drizzle of **olive oil** and season with **salt** and **pepper**. Set aside.



#### Mix and Shape your Burgers

Put the **sausage meat** and **chopped cranberries** into a large bowl, then add **half** the **cooked onion**. Pop the remaining **onion** into a small bowl and set aside with the pan for later.

Season the **sausage meat** with **salt** and **pepper**, then mix together with your hands. Roll the **mixture** into even-sized balls, then shape into 1cm thick **burgers**, 1 per person. TIP: The burgers will shrink a little during cooking. **IMPORTANT**: Wash your hands and equipment after handling raw meat.



#### Time to Fry

Pop your (now empty) frying pan back on mediumhigh heat with a drizzle of **oil**.

Once the **oil** is hot, add the **burgers** and fry until browned and cooked through, 5-6 mins on each side.

Carefully turn them every 2 mins and lower the heat if needed. IMPORTANT: The burgers are cooked when no longer pink in the middle.



# **Finishing Touches**

When the **burgers** are cooked, remove the pan from the heat.

Top each **burger** with the remaining **cooked onion**, then the **grated cheese**. Cover with a lid (or foil), then set aside, off the heat, for 3-4 mins for the **cheese** to melt.

Meanwhile, halve the **burger buns** and pop them onto a baking tray. When the **wedges** are almost cooked, pop the **buns** on the middle shelf of your oven to warm through, 2-3 mins.



#### Assemble and Serve

When everything is ready, add the **rocket** to the bowl of **balsamic dressing** and toss to coat.

Pop the **buns** on your plates and spread the **apple chutney** over the **bases**, then top with the **sausage burgers** and **bun lids**.

Serve with the wedges and rocket salad.

Enjoy!

