



More Than Food
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Pork and Apple Burger with Rosemary Chips

Nothing makes us happier than respinning a fast food favourite into an equally fast, but healthy dinner! This week we've turned our attention to the trusty hamburger. No crazy additives or preservatives. Instead we've got the best pork we can lay our hands on from our butcher Nick 'The Knife' and added some homemade chunky chips. If you happen to have a slice of cheese in the fridge we won't tell!

35 mins

eat within 4 days



Rosemary (5 sprigs)



Potatoes (2 packs)



Gala Apple (1)



Pork Mince (450g)



Brioche Bun (4)




Steve's Leaves: Watercress (2 bags)



Seville Orange & Honey Dressing (4 tbsps)

4 PEOPLE INGREDIENTS

- Rosemary, chopped **5 sprigs**
- Potatoes, chopped **2 packs**
- Gala Apple, grated **1**
- Pork Mince **450g**
- Brioche Bun **4**
- Steve's Leaves: Watercress **2 bags**
- Seville Orange & Honey Dressing **4 tbsp**

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

Did you know...

Apples float because 25 per cent of their volume is air.

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

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	917 kcal / 3847 kJ	41 g	13 g	88 g	31 g	52 g	1 g
Per 100g	172 kcal / 772 kJ	8 g	2 g	16 g	6 g	10 g	0 g

2



1 Pre-heat your oven to 220 degrees. **Tip:** Take the pork out of your fridge around 45 mins prior to cooking if you can - bringing it up to room temperature will mean it cooks more evenly later. Strip the leaves from the **rosemary** and chop them finely.

2 Scrub the **potatoes** under water. Chop the **potatoes** in half lengthways and then chop lengthways into chips. Toss in a splash of **olive oil**, a good pinch of **salt**, a grind of **pepper** and a scattering of your **rosemary** leaves. Transfer to a baking tray and cook on the top shelf of your oven for around 30 mins until crispy (turning once).

3



3 To make your burgers, peel and then coarsely grate the **apple**, discard the core and squeeze out some of the **juice** (you don't want your burgers too wet!). In a bowl mix together the **pork**, the rest of your **rosemary**, and your grated **apple**. Add in a pinch of **salt** and a few good grinds of **black pepper**.

4 Form your **pork** into equally-sized patties (one per person). **Tip:** Press the meat together only as hard as you need for it to stick together. The more loosely packed the meat the better the burger!

4



5 Heat a glug of **olive oil** on medium-high heat in a non-stick frying pan. Once hot, gently add your **burgers** and cook for around 4-5 mins on each side or until no longer pink in the middle. **Tip:** Don't even consider turning your burger until it has formed a nice crust on the underside, or else it could stick to the pan and break up.

6 While your **burgers** are cooking, split each **brioche bun** in half and pop in your oven for 2-3 mins on a different shelf to your chips. **Tip:** Watch your buns don't burn!

5



7 Drizzle the **orange and honey dressing** over the **watercress**. **Tip:** If you have any apple left, toss that into the salad leaves as well to give it a fruity twist! Serve your

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