



PORK, PEAR & BLUE CHEESE BURGER

with Wedges and Lemony Walnut Salad



HELLO LEMON

The lemon is a two-step hybrid of a lime, citron and pomelo!



Potato



Burger Bun



Pear



Cucumber



Lemon



Pork Mince



Panko Breadcrumbs



Blue Cheese



Pea Shoots



Walnuts

MEAL BAG

30 mins

1.5 of your 5 a day

A burger recipe with a twist, our pork, pear and blue cheese burger bursts with fresh flavours. Create the burger by mixing pork mince with grated pear and breadcrumbs for a sweet-tasting filling perfect with the bold flavour of blue cheese. Top with sliced pear, cucumber, peashoots and walnuts - we told you this burger was fresh!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Large Baking Trays**, a **Coarse Grater**, **Mixing Bowl** and **Frying Pan** and **Saucepan** (with a **Lid**). Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel) and pop them on a large baking tray. Drizzle with **oil**, add and season with a pinch of **salt** and **pepper**. Toss to coat then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Halve the **burger buns**, and leave to the side.



4 COOK THE BURGER

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the pan is hot, lay in the **burgers** and fry them until cooked through and nicely browned on each side, 12-15 mins total. Turn every 2-3 mins. **IMPORTANT:** *The burgers are cooked when no longer pink in the middle.*



2 DO THE PREP

Meanwhile, quarter the **pear** (no need to peel). Remove and discard the core. Thinly slice **half** of the **pear** and coarsely grate the other **half**. Trim the **cucumber** then quarter lengthways. Chop into small 2cm pieces. Halve the **lemon** and squeeze the **juice** into a large bowl. Add the **olive oil** (see ingredients list for amount) and a pinch of **salt** and **pepper**. Mix together and set to one side, this is your **salad dressing!**



5 MELT THE CHEESE

Once cooked, pop the **blue cheese** on top of the **burgers**, pressing it down gently so it stays in place and turn the heat to low. Add a splash of **water** in to the pan, cover with a lid or some tin foil. Let the **cheese melt** in the steam, 2-3 mins, then remove from the heat. **TIP:** *If you aren't a fan of blue cheese, the burger will still be delicious without.* At the same time, add the **burger buns** to the middle shelf of the oven on another baking tray to warm through for 2-3 mins.



3 MAKE THE BURGER

Put the **grated pear** into a mixing bowl and add the **pork mince** and **panko breadcrumbs**. Add a large pinch of **salt** and **pepper** and mix everything together with your hands until well combined. Form the **mixture** into even sized **burgers** (1 per person). **TIP:** *Make the burgers slightly bigger than the burger buns as they will shrink when cooked.* **IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.*



6 FINISH AND SERVE

Add the **sliced pear**, **cucumber**, **pea shoots** and **walnuts** to the **dressing** and toss to coat. Place the **burgers** in the **buns** and serve with the **salad** and **wedges** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1	1	2
Burger Bun 8) 11) 13)	2	3	4
Pear *	1	1½	2
Cucumber *	½	¾	1
Lemon *	½	1	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Pork Mince *	250g	375g	500g
Panko Breadcrumbs 13)	10g	15g	20g
Blue Cheese 7) *	30g	45g	60g
Pea Shoots *	1 bag	1½ bags	2 bags
Walnuts 2)	1 bag	1 bag	1 bag

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 666G	PER 100G
Energy (kJ/kcal)	3408 / 815	512 / 122
Fat (g)	31	5
Sat. Fat (g)	10	1
Carbohydrate (g)	96	14
Sugars (g)	14	2
Protein (g)	42	6
Salt (g)	1.22	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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