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## Smoked Cheese Burger with Sweet Potato Wedges and Rocket Salad

Oregano is one of the nation's most loved herbs. But while we sprinkle it into pasta sauces and lasagnes with ease, our burgers are often lacking the stuff. Well, no more! This beef burger is as happy as can be with its new Italian buddy oregano. And don't forget to add this amazing Stokes ketchup. It's DELICIOUS!



35 mins



Sweet Potato (1)



Beef Mince (250g)



Garlic Salt (1/4 tsp)



Tomato Ketchup (1 tbsp)



Dried Oregano (1 tsp)



Brioche Bun (2)



Smoked Cheese (2 tbsp)



Vine Tomato (2)



Rocket (1 bag)

## Ingredients

	2 PEOPLE	ALLERGENS
Sweet Potato, chopped	1	
Beef Mince	250g	
Garlic Salt	¼ tsp	
Tomato Ketchup	1 tbsp	Celery
Dried Oregano	1 tsp	
Brioche Bun	2	Gluten, Milk, Egg
Smoked Cheese, grated	2 tbsp	Milk
Vine Tomato, sliced	2	
Rocket	1 bag	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

Rocket is one seriously low calorie vegetable with just 25 calories in every 100g.

**Nutrition per serving:** Calories: 653 kcal | Protein: 39 g | Carbs: 96 g | Fat: 14 g | Saturated Fat: 6 g

1



1 Pre-heat your oven to 220 degrees. Wash the **sweet potato** then chop lengthways into wedges the thickness of your index finger. Toss in 2 tbsp of **olive oil** and ¼ tsp of **salt**, then spread in a single layer on a baking tray. Cook on the top shelf of your oven until crispy (around 25 mins). **Tip:** Save the **garlic salt** for your burgers!

2



2 In a bowl mix together the **beef mince**, the **garlic salt**, half the **ketchup**, the **dried oregano** and a few grinds of **black pepper**.

3 Divide the mixture into two equal portions and then gently form into burger patties roughly 1½cm thick. **Tip:** It is important that you press the meat together firmly enough to make it stick, yet not so firmly that it becomes densely packed, as this will give a tough texture.

4



4 Once your **sweet potatoes** are almost ready, split the **brioche buns** in half. Put a frying pan on medium-high heat. Toast the **brioche buns** for 2 mins on each side then remove. **Tip:** You could use your toaster but whatever happens don't let them burn!

5 In the same frying pan, heat 1 tbsp of **olive oil** on medium-high heat. Once hot, gently add in your patties and cook for 5-6 mins on each side, or until the meat is fully cooked with no pink bits remaining. Whilst you are cooking the second side of the burger, grate the **smoked cheese** on top (of the cooked side!) for the last minute so that it melts.

6 Meanwhile, thinly slice the **tomatoes**.

7 Toss the **rocket** in a little drizzle of **olive oil** with a small pinch of **salt** and **pepper**.

5



8 Spread a little of the remaining **ketchup** on your toasted **brioche buns**. Place your burger on top, then lay your **tomato** slices and **rocket** on top and serve with your **sweet potato** wedges on the side. **Tip:** You can serve any remaining tomatoes and rocket on the side too.