







More Than Food
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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 often lack this tasty herb. 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



family box



1.5 of your
5 a day



eat within
4 days



Sweet Potato (2)



Beef Mince (500g)



Garlic Salt (½ tsp)



Tomato Ketchup
(2 tbsp)



Dried Oregano
(1½ tsp)



Smoked Cheese (80g)



Brioche Bun
(4)



Vine Tomato (4)




Rocket (2 bags)

4 PEOPLE INGREDIENTS

- Sweet Potato, chopped
- Beef Mince
- Garlic Salt
- Tomato Ketchup
- Dried Oregano

2
500g
½ tsp
2 tbsp
1½ tsp

- Smoked Cheese **80g**
- Brioche Bun **4**
- Vine Tomato, sliced **4**
- Rocket **2 bags**

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

Did you know...

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

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

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	611 kcal / 2567 kJ	14 g	5 g	80 g	21 g	42 g	5 g
Per 100g	117 kcal / 492 kJ	3 g	1 g	15 g	4 g	8 g	1 g

1



1 Pre-heat your oven to 200 degrees. Wash the **sweet potato** then chop lengthways into wedges the thickness of your index finger. Toss in a splash of **olive oil** and a pinch 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 **tomato ketchup**, the **dried oregano** and a few grinds of **black pepper**.

4



3 Divide your **beef mixture** into equal portions, one per person, and then, with your hands, form into **burger patties** roughly 1½cm thick. Slice the **smoked cheese** into rounds.

4 Once your sweet potato is almost ready, split each **brioche bun** in half. Put a frying pan on medium-high heat and toast each **bun** 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 a splash of **olive oil** on medium-high heat. Once hot, gently add in your **burger 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, lay your **smoked cheese** on top (of the cooked side!) for the last minute so that it melts.

5



6 Meanwhile, thinly slice the **tomato**. Toss the **rocket** in a little drizzle of **olive oil** with a small pinch of **salt** and **pepper**.

7 Spread a little of your remaining **ketchup** on your toasted **bun**. 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.

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