



More Than Food
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Smoky Homemade Hamburgers with Potato Wedges and a Peanuty Carrot Slaw

You can learn a lot from the television. Endless hours of daytime television have allowed Caroline to perfect her cross stitch. Another trick we recently learned came from a certain US cooking show where the host is challenged to eat the biggest/hottest/baddest food in the west. In one episode, a famous burger joint uses the tip in step 6 to get their burgers extra juicy. We thought we'd give it a try...

 30 mins

 2 of your 5 a day

 mealkit

 eat within 4 days



Potato
(1)



Smoked Paprika
(1½ tsp)



Pork Sausage
(250g)



Panko Breadcrumbs
(10g)



Carrot
(2)



Coriander
(½ bunch)



Red Wine Vinegar
(1 tbsp)



Salted Peanuts
(15g)



Brioche Bun
(2)



Cheddar Cheese
(30g)



Baby Gem Lettuce
(1)

2 PEOPLE INGREDIENTS

- Potato, chopped **1**
- Smoked Paprika **1½ tsp**
- Pork Sausage **250g**
- Panko Breadcrumbs **10g**
- Carrot, grated **2**
- Coriander, chopped **½ bunch**
- Red Wine Vinegar **1 tbsp**
- Salted Peanuts **15g**
- Brioche Bun **2**
- Cheddar Cheese **30g**
- Baby Gem Lettuce **1**

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

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	734 kcal / 3082 kJ	34 g	13 g	72 g	11 g	36 g	1 g
Per 100g	153 kcal / 643 kJ	7 g	3 g	15 g	2 g	7 g	0 g

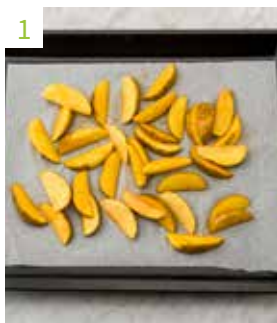


Our fruit and veggies may need a little wash before cooking!

Did you know...

Slaw originates from the Dutch word for salad - 'sla'.

1



1 Preheat your oven to 220 degrees. Wash the **potato** then chop lengthways into **wedges** the thickness of your index finger (no need to peel!). Toss in a splash of **olive oil**, a pinch of **salt**, the **smoked paprika** and spread on a lined baking tray. Bake on the top shelf of your oven until crispy (around 25 mins).

3



2 Cut open the **sausage**, squeeze the **sausage meat** into a bowl (discard the skin) and mix together with the **breadcrumbs**. Divide the mixture into equal portions (1 burger patty per person!) and gently form into **burger patties** roughly 2cm thick.

Tip: Make the patties thinner than you want the final burgers to be. They will plump up as you cook them.

3 Peel and coarsely grate the **carrot** into a bowl. Roughly chop the **coriander** and add to the bowl.

4 Add the **red wine vinegar**, a splash of **olive oil**, and the **peanuts** to your **carrot**. Taste and add **salt** and **black pepper** if necessary. This is your **slaw**.

5 Cut the **brioche buns** in half. Put a frying pan on medium-high heat. Toast your **buns** in the pan for a couple of minutes on each side and then remove. Keep the pan.

6 Heat a splash of **olive oil** in the now empty pan. Once hot, add your **patties** and cook for 6-7 mins on each side until brown and cooked through. **Tip:** The patties are cooked when they are no longer pink in the middle. Top them with a good grating of the **cheddar cheese** for the last 2 mins of cooking. **Tip:** Add 1 tsp of water to the pan and put a lid on to melt the cheese and keep everything juicy!

7 Separate the leaves of the **baby gem lettuce**. Drizzle over a little **olive oil** and season with a pinch of **salt**.

8 Place a **burger patty** on the base of each **brioche bun**, top with a few leaves of **baby gem lettuce** and then the **brioche** top. Serve with your **peanutty carrot slaw** and piping hot **potato wedges** on the side.

6



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