



# Thai Inspired Spiced Naked Burgers

with Sweet Potato Wedges and Baby Gem Salad

25

Calorie Smart 30 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories



Sweet Potato



Coriander



Lime



Thai Style Spice Blend



Panko Breadcrumbs



Beef Mince



Red Chilli



Cashew Nuts



Baby Gem Lettuce



Spring Onion

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, fine grater and bowl.

## Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13)	10g	20g	25g
Salt*	¼ tsp	¼ tsp	½ tsp
Beef Mince**	240g	360g	480g
Red Chilli**	½	½	1
Cashew Nuts 2)	10g	15g	20g
Baby Gem Lettuce**	1	1½	2
Spring Onion**	1	2	2

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>485g</b>	<b>100g</b>
Energy (kJ/kcal)	2453 /586	506 /121
Fat (g)	23	5
Sat. Fat (g)	9	2
Carbohydrate (g)	64	13
Sugars (g)	16	3
Protein (g)	29	6
Salt (g)	1.22	0.25

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

2) Nut 3) Sesame 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

## Contact

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## Wedge Time

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When hot, roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



## Mix the Dressing

While the **burgers** cook, halve the **chilli** lengthways (see ingredients for amount), deseed then finely chop. Finely chop the **cashews** (see ingredients for amount). In a medium bowl, combine a drizzle of **oil** with half the **lime juice** with the remaining **coriander**, **half** the **cashews** and **half** the **chilli**. Add a pinch of **sugar** (if you have any), then set the **dressing** aside.



## Make the Burgers

Finely chop the **coriander** (stalks and all). Zest and halve the **lime**. Pop the **lime zest**, **Thai style spice blend** and **half** of the **coriander** into a large bowl. Mix in the **breadcrumbs** and **salt** (see ingredients for amount). Add the **beef mince**. Season with **pepper**, then mix with your hands. Roll the **mince** into even-sized balls then shape into 1cm thick **burgers** (1 per person). **IMPORTANT: Wash your hands and equipment after handling raw mince.**



## Make the Salad

Trim the **baby gem**, halve lengthways, then thinly slice widthways. Trim and thinly slice the **spring onion**. Just before serving, pop the **sliced baby gem** into the bowl with the **dressing**. Mix well to coat the **salad**.



## Cook the Burgers

Pop the **burgers** onto a lightly oiled baking tray and bake on the middle shelf of your oven until cooked through, 18-20 mins. **IMPORTANT: The burgers are cooked when no longer pink in the middle. TIP: The burgers will shrink a little during cooking.**



## Finish and Serve

Share the **burger patties** and **sweet potato wedges** between your plates. Pop the **baby gem salad** on the side and sprinkle the **spring onion**, the remaining **cashews** and remaining **chilli** all over. Chop any remaining **lime** into **wedges** for squeezing over.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:**

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.