



Thai Inspired Spiced Naked Burgers

with Sweet Potato Wedges and Baby Gem Salad

25

Calorie Smart 30-35 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Sweet Potato



Lime



Thai Style
Spice Blend



Ginger, Garlic & Lemongrass
Puree



Panko
Breadcrumbs



Beef Mince



Salted Peanuts



Baby Gem
Lettuce



Mayonnaise

Pantry Items
Salt

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
Lime**	1	1	1
Thai Style Spice Blend 3)	1 pot	1 pot	2 pots
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Panko Breadcrumbs 13)	10g	20g	25g
Salt for the Burgers*	¼ tsp	¼ tsp	½ tsp
Beef Mince**	240g	360g	480g
Salted Peanuts 1)	10g	15g	20g
Baby Gem Lettuce**	1	1½	2
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	491g	100g
Energy (kJ/kcal)	2650 /633	540 /129
Fat (g)	27.9	5.7
Sat. Fat (g)	9.4	1.9
Carbohydrate (g)	64.3	13.1
Sugars (g)	16.6	3.4
Protein (g)	29.6	6.0
Salt (g)	1.89	0.38

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

Allergens

1) Peanut 3) Sesame 8) Egg 9) Mustard 13) Cereals containing 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.

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Wedges 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, finely chop the **peanuts** (see ingredients for amount).

In a medium bowl, combine a drizzle of **oil** with **half the lime juice** and **half the peanuts**. Add a pinch of **sugar** (if you have any), then set the **dressing** aside.



Make and Shape

Zest and halve the **lime**. Pop the **lime zest**, **Thai style spice blend** and **ginger, garlic and lemongrass paste** into a large bowl.

Mix in the **breadcrumbs** and **salt for the burgers** (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).

TIP: The burgers will shrink a little during cooking.

IMPORTANT: Wash your hands and equipment after handling raw mince.



Make the Salad

Trim the **baby gem**, halve lengthways, then thinly slice widthways.

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.



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 remaining **chopped peanuts** all over. Serve with a dollop of **mayo**.

Chop any remaining **lime** into **wedges** for squeezing over.

Enjoy!