



Thai Spiced Naked Burgers

with Sweet Potato Chips and Salad

Calorie Smart 35 Minutes • 1.5 of your 5 a day • Medium Heat

25



-  Sweet Potato
-  Coriander
-  Lime
-  Thai Style Spice Blend
-  Panko Breadcrumbs
-  Soy Sauce
-  Beef Mince
-  Red Chilli
-  Salted Peanuts
-  Baby Gem Lettuce
-  Spring Onion

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Fine Grater and Frying Pan.

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 sachets	1 sachets	2 sachets
Panko Breadcrumbs 13)	10g	20g	25g
Soy Sauce 11) 13)	25ml	50ml	50ml
Beef Mince**	240g	360g	480g
Red Chilli**	½	½	1
Salted Peanuts 1)	15g	20g	25g
Baby Gem Lettuce**	1	1½	2
Spring Onion**	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	501g	100g
Energy (kJ/kcal)	2542 /608	507 /121
Fat (g)	23	5
Sat. Fat (g)	9	2
Carbohydrate (g)	65	13
Sugars (g)	17	3
Protein (g)	34	7
Salt (g)	2.68	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

1) Peanut 3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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. When hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through. **TIP:** Use two baking trays if necessary, you want the wedges nicely spread out.



Make the Dressing

While the **burgers** cook, halve the **chilli** lengthways (see ingredients for amount), deseed then finely chop. Finely chop the **peanuts** (see ingredients for amount). In a medium bowl, combine **half** of the **lime juice** with the remaining **soy**, remaining **coriander**, **half** of the **peanuts** 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** into a large bowl with the **Thai style spice blend** and **half** of the **coriander**. Add the **breadcrumbs** and **half** of the **soy sauce**. Season with **salt** and **pepper**, then add the **beef mince**. Mix with your hands until well combined. Roll the **mince** into even-sized balls then flatten to make **burger patties** 1cm thick (1 per person). **IMPORTANT:** Wash your hands and equipment after handling raw meat.



Make the Salad

Trim the root from the **baby gem lettuce**, 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 **soy dressing**. Mix well to coat the **salad**.



Cook the Burgers

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **burgers** and fry until browned on the outside and cooked through, 12-14 mins in total. Carefully turn them every 4 mins and lower the heat if they are burning. **IMPORTANT:** The burgers are cooked when they are 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 chips** between your plates. Pop the **baby gem salad** on the side and sprinkle the **spring onion**, the remaining **peanuts** 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.