



VENISON BURGER

with Wedges, Baby Gem and Horseradish Dressing



HELLO VENISON

Venison was originally a term used to describe meat from all game animals. Now it exclusively applies to deer - except in South Africa, it was Antelope!



Potato



Dried Oregano



Venison Mince



Panko Breadcrumbs



Cider & Horseradish Wholegrain Mustard



Vine Tomato



Baby Gem Lettuce



Burger Bun



Mayonnaise

MEAL BAG
#4

- 30 mins
- 2 of your 5 a day
- Little heat

Venison mince makes a great alternative to beef in burgers, as its rich gamey flavour holds up well against the additional ingredients, toppings and sauces alongside. We've added extra flavour to these burgers by adding oregano and cider and horseradish mustard for a little kick of heat. A crunchy salad, crispy potato wedges and fluffy burger buns complete this classic comfort food dish.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a some **Baking Paper**, a **Baking Tray**, **Mixing Bowl**, **Large Frying Pan** and some **Foil**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** into 2cm wide wedges (no need to peel) and pop onto a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle on **half** the **dried oregano**, then use your hands to rub the **flavourings** all over the **wedges**. Roast on the top shelf of your oven until crisp and golden, 25-30 mins. Turn halfway through cooking.



2 MAKE THE BURGERS

Pop the **venison mince** into a mixing bowl and season well with **salt** and **pepper**. Add the **panko breadcrumbs**, remaining **dried oregano** and **half** the **cider and horseradish mustard**. Measure out and add in the **water** (see ingredients for amount) and use your hands to combine well. Shape into 1cm thick **burger patties** (1 per person) and keep to one side. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 SALAD TIME

Thinly slice **half** the **tomato** and keep to one side. Chop the remaining **tomato** into 1cm chunks and pop into a large bowl. Trim the end from the **baby gem**, remove a couple of leaves for each burger and keep to one side. Chop the remaining **baby gem** into chunks. Add these to the bowl with the **tomato** chunks - we will dress the **salad** later.



4 BURGER TIME

Heat a splash of **oil** in a large frying pan over medium-high heat. When the **oil** is hot, add the **burgers** and fry until browned, 2 mins on each side. Lower the heat to medium and cook for another 4-5 mins on each side. **IMPORTANT:** The burger is cooked when it is no longer pink in the middle.



5 FINISH OFF

Meanwhile, slice the **burger buns** in half. In a small bowl, mix the remaining **cider and horseradish mustard** with the **olive oil** (see ingredients for amount). Add a splash of **water** to loosen it up and keep to one side. When the **burgers** are cooked, transfer to a plate, cover with foil and leave to rest for a few mins. Wipe the pan clean and return to high heat. Toast the **burger buns** in the pan (cut side down) until golden, 1-2 mins.



6 TIME TO SERVE

Share the **wedges** between your plates. Smear the **mayo** on the base of each **burger bun** and top with the **whole baby gem leaves** and **sliced tomato**. Top with the **burger** and then the bun top. Pour the **horseradish dressing** on the **salad**, toss and serve alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Dried Oregano	1 small pot	¾ large pot	1 large pot
Venison Mince *	200g	300g	400g
Panko Breadcrumbs 13)	10g	15g	20g
Cider & Horseradish Wholegrain Mustard 9) 14)	1 sachet	1½ sachets	2 sachets
Water*	1 tbsp	1½ tbsp	2 tbsp
Vine Tomato	2	3	4
Baby Gem Lettuce *	1	1½	2
Burger Bun 8) 11) 13)	2	3	4
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 590G	PER 100G
Energy (kcal)	820	139
(kJ)	3431	581
Fat (g)	27	5
Sat. Fat (g)	4	1
Carbohydrate (g)	105	18
Sugars (g)	12	2
Protein (g)	43	7
Salt (g)	1.14	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard 11) Soya 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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