



# EASY-CHEESY BURGER

with Chunky Wedges and Rainbow Salad



## HELLO CARROT

Carrots were among plants grown in the Hanging Gardens of Babylon in the 8th century BC!



Potato



Beef Mince



Tomato Ketchup



Panko Breadcrumbs



Italian Style Grated Hard Cheese



Cheddar Cheese



Cucumber



Carrot



Baby Gem Lettuce



Honey



Balsamic Vinegar



Burger Bun



Mayonnaise

Here are the burgers that make other burgers jealous. Topped with golden melted cheese in a soft burger bun, served alongside chunky potato wedges and salad, this recipe will take your burger game up a level. To avoid a saucer-shaped burger, make a slight indentation with your thumb in the centre of your raw patty: this helps the meat cook evenly, maintaining its shape as it shrinks during cooking.

Hands on: 10 mins  
Total: 40 mins

2 of your  
5 a day

Family Box

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Mixing Bowl**, **Frying Pan** (with a **Lid**) and **Coarse Grater**. Now, let's get cooking!



## 1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potato** into 2cm wide wedges (no need to peel) and pop them on a lined baking tray. Drizzle with a good glug of **oil** and a large pinch of **salt**. Toss together, then spread out in a single layer and roast on the top shelf of your oven until golden and cooked through, 30 mins. Turn halfway through cooking.



## 2 MAKE THE BURGERS

Pop the **beef mince** into a mixing bowl with the **ketchup**, **panko breadcrumbs**, **Italian style hard cheese** and a pinch of **salt** and **pepper**. Mix together with your hands until completely combined, then squeeze and shape into **burger patties**, one per person, about 2cm thick. **★ TIP:** *Make the burgers flatter than you want as they will fatten up and shrink as you cook them.* **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat!*



## 3 FRY THE BURGERS

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **burgers** and lower the heat to medium. Cook until browned on the outside and cooked through, turn carefully once or twice. This should take 12-14 mins in total. **❗ IMPORTANT:** *The burgers are cooked when they are no longer pink in the middle.*



## 4 PREP THE SALAD

Meanwhile, grate the **cheddar cheese**. Trim the **cucumber** then quarter lengthways and chop widthways into small pieces. Trim the **carrot** (no need to peel) and grate on your coarse grater. Trim the root from the **baby gem lettuce** then separate the leaves. Put the **cucumber** into a large bowl with the **carrot** and **gem leaves**. keep to one side. Mix the **honey**, **olive oil** (see ingredients for amount) and **balsamic vinegar** together in a small bowl with a pinch of **salt** and **pepper**. Keep separate, we will dress the salad later.



## 5 FINISH OFF

Once the **burgers** are cooked, distribute the **grated cheddar** evenly over the tops of the **burgers**. Cover your pan with a lid or some foil, remove from the heat and leave to the side to melt the **cheese**, 5 mins. Meanwhile, halve the **burger buns** and put them on another baking tray on the middle shelf of your oven to warm for 3-4 mins.



## 6 GARNISH AND SERVE

Spread a dollop of **mayo** on the bottom of each **bun**. Top with a **burger** and the bun top. Serve with the **wedges** and **salad** (dress anyone's **salad** who wants it!). **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Beef Mince *	240g	360g	480g
Tomato Ketchup 10)	1 sachet	1½ sachet	2 sachet
Panko Breadcrumbs 13)	1 small pack	1 large pack	1 large pack
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1 pack	2 packs
Cheddar Cheese 7) *	1 block	1 block	2 blocks
Cucumber *	½	¾	1
Carrot *	1	1	2
Baby Gem Lettuce *	1	1½	2
Honey	½ sachet	1 sachet	1 sachet
Olive Oil*	1 tbspc	1½ tbspc	2 tbspc
Balsamic Vinegar 14)	½ sachet	1 sachet	1 sachet
Burger Bun 8) 11) 13)	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets

\*Not Included \* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 706G	PER 100G
Energy (KJ/kcal)	4483/ 1072	635/ 152
Fat (g)	49	7
Sat. Fat (g)	17	2
Carbohydrate (g)	112	16
Sugars (g)	20	3
Protein (g)	48	7
Salt (g)	1.76	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 9) Mustard 10) Celery 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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