

# Naked Cheese Burger

with Caramelised Shallots, Sweet Potato Wedges and Salad

Calorie Smart • 35 Minutes • Under 600 Calories • Little Heat • 1.5 of your 5 a day



Sweet Potato



Baby Plum Tomatoes



Echalote Shallot



Cheddar Cheese



Balsamic Vinegar



Dried Italian Herbs



Panko Breadcrumbs



Beef Mince



Rocket

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Grater, Baking Tray, Frying Pan, Small Bowl, Large Bowl and Lid.

## Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Echalot Shallot**	1	2	2
Cheddar Cheese 7)**	30g	45g	60g
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Dried Italian Herbs	½ pot	¾ pot	1 pot
Panko Breadcrumbs 13)	10g	15g	25g
Water for the Beef*	2 tbsp	3 tbsp	4 tbsp
Beef Mince**	240g	360g	480g
Rocket**	1 bag	2 bags	2 bags

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

## Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	609g / 1462 / 589	100g / 405 / 97
Fat (g)	24	4
Sat. Fat (g)	11	2
Carbohydrate (g)	62	10
Sugars (g)	19	3
Protein (g)	32	5
Salt (g)	0.59	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten 14) Sulphites

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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### Prep the Veg

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Halve the **baby plum tomatoes**. Halve, peel and thinly slice the **shallot**. Grate the **Cheddar**.



### Bake the Wedges

Pop the **sweet potato wedges** on a large low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



### Caramelize the Shallot

Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **shallot**, season with **salt** and **pepper** and cook, stirring regularly, until soft and caramelised, 6-7 mins. Add **half the balsamic vinegar** with a pinch of **sugar** (if you have some) and cook for 1 minute until the liquid has evaporated and the **onions** look glossy. Transfer to a small bowl and set aside.



### Shape the Burgers

Meanwhile, put the **dried Italian herbs** in a large bowl. Add the **breadcrumbs** and **water** (see ingredients for amount). Season with **salt** and **pepper**, mix, then add the **beef mince**. Mix with your hands until combined, then shape into burgers about 2cm thick, 1 per person. **IMPORTANT:** Remember to wash your hands after handling raw meat!



### Cook the Burgers

Wipe out the pan used for the shallot, heat a splash of **oil** over 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. Drain any excess fat from the pan. When the **burgers** are cooked, remove the pan from the heat, sprinkle the **cheese** on the **burgers**, cover with a lid or foil and leave to rest for a few mins. The **cheese** will melt as the **burgers** rest.



### Plate Up!

Meanwhile, pop the remaining **balsamic vinegar** and a drizzle of **oil** into a bowl and a season with a pinch of **salt** and **pepper**. Mix together, add the **tomatoes**. When the **beef burgers** are ready, add the **rocket** to the **dressing**, toss to coat. Share the **burgers** between your plates and top with the **balsamic caramelised shallot**. Serve with the **sweet potato wedges** and **rocket salad**.

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.

