



# Thai Spiced Naked Burgers

with sweet potato wedges and side salad

Calorie Smart 35-40 mins • Optional spice

11



Beef Mince



Breadcrumbs



Sweet Potato



Scallion



Coriander



Thai Style Spice Mix



Soy Sauce



Chilli



Salad Leaves



Lime



Fennel

Pantry Items: Oil, Salt, Pepper, Sugar

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, zester

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Breadcrumbs	1 pack	1 pack
Sweet Potato	2 units	4 units
Scallion	2 units	4 units
Coriander	5 g	10 g
Thai Style Spice Mix	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets
Chilli	½ unit	1 unit
Salad Leaves	40 g	80 g
Lime	½ unit	1 unit
Fennel	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	597.3 g	100 g
Energy (kJ/kcal)	2543.9 kJ/ 608 kcal	425.9 kJ/ 101.8 kcal
Fat (g)	19.9 g	3.3 g
Sat. Fat (g)	8.5 g	1.4 g
Carbohydrate (g)	74.3 g	12.4 g
Sugars (g)	12.6 g	2.1 g
Protein (g)	33.6 g	5.6 g
Salt (g)	2.6 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



## Cook the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm wedges (no need to peel).
- Pop the wedges onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 20-30 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary, you want the wedges nicely spread out.



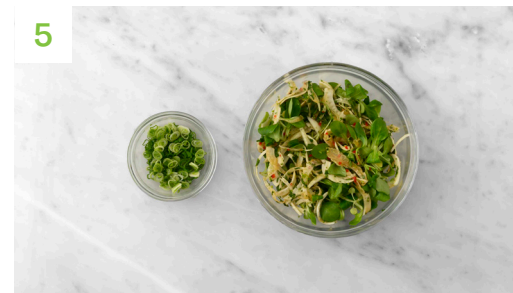
## Make the Dressing

- While the burgers cook, halve the **fennel** lengthways then thinly slice.
- Halve the **lime**.
- Halve the **chilli** lengthways. Deseed then finely chop **half** (double for 4p).
- In a bowl, mix the fennel with the chopped **chilli** (use less if you don't like spice), remaining **soy sauce** and remaining **coriander**.
- Season to taste with **lime** juice and **sugar**. Set aside.



## Form the Burgers

- Finely chop the **coriander** (stalks and all).
- Zest **half** the **lime** (double for 4p).
- To a large bowl, add the **lime** zest, **Thai spice** and **half** the **coriander**.
- Stir in the **breadcrumbs** and **half** the **soy sauce**. Season with **salt** and **pepper**.
- Add the **beef mince**. Mix until well combined. Roll into evenly-sized balls and flatten to make burger patties 1cm thick (1 per person). **IMPORTANT:** Wash hands and equipment after handling raw meat.



## Dress the Salad

- Trim and thinly slice the **scallion**.
- Just before serving, toss the **salad leaves** in a drizzle of **oil**.
- Add the **fennel** and toss to coat fully.



## Fry the Burgers

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **beef** burgers until browned on the outside and cooked through, 12-14 mins.
- Carefully turn the burgers every 3-4 mins, lowering the heat if they begin to burn. **IMPORTANT:** Burgers are cooked when no longer pink in the middle.

**TIP:** The burgers will shrink a little during cooking.



## Finish and Serve

- Share the **beef** burger patties and **sweet potato** wedges between plates.
- Serve the **fennel** salad on the side.
- Sprinkle with the sliced **scallion**.
- Chop any remaining **lime** into wedges for squeezing over.

Enjoy!