



# Gochujang Naked Turkey Burger

with radish salad and sesame potatoes

Calorie Smart Quick Cook 30 – 35 mins • Extra spicy

20



Turkey Mince



Gochujang Paste



Breadcrumbs



Sesame Seeds



Sweet Asian Sauce



Miso Paste



Mayo



Honey



Garlic



Radish



Salad Leaves



Baby Potatoes

Pantry Items: Salt, Oil, Pepper, Water



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## 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, grater, pan with lid

## Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Gochujang Paste	2 sachets	4 sachets
Breadcrumbs	1 pack	1 pack
Sesame Seeds	1 sachet	2 sachets
Sweet Asian Sauce	1 sachet	2 sachets
Miso Paste	1 sachet	2 sachets
Mayo	2 sachets	4 sachets
Honey	1 sachet	2 sachets
Garlic	2 units	4 units
Radish	125 g	250 g
Salad Leaves	120 g	240 g
Baby Potatoes	500 g	1000 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	592.1 g	100 g
Energy (kJ/kcal)	2489.5 kJ/ 595 kcal	420.4 kJ/ 100.5 kcal
Fat (g)	14.5 g	2.4 g
Sat. Fat (g)	1.7 g	0.3 g
Carbohydrate (g)	76.5 g	12.9 g
Sugars (g)	18.9 g	3.2 g
Protein (g)	41.2 g	7 g
Salt (g)	4.4 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

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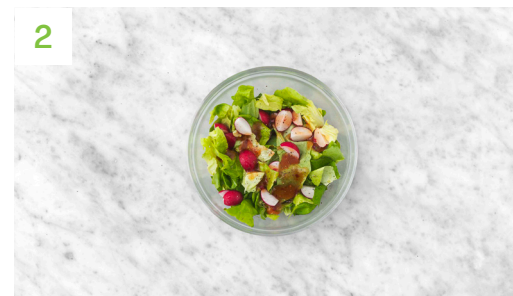
### Roast the Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks.
- Pop onto a large (lined) baking tray. Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.
- When the **potatoes** have 5 mins left to cook, sprinkle **half** the **sesame seeds** over the top. Return to the oven for the remaining time.



### Fry the Burgers

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the burgers until browned on the outside and cooked through, 10-12 mins.
- Carefully turn the burgers every 3-4 mins, adjusting the heat if needed.
- Cover and cook for the final 3-4 mins. **IMPORTANT:** Burgers are cooked when no longer pink in the middle.



### Prep the Veg

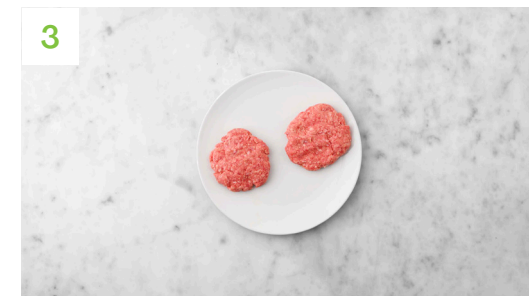
- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim and quarter the **radish**.
- Trim the **salad leaves**, then tear into bite-sized pieces or thinly slice widthways.
- Just before serving, toss the **salad leaves** and **radish** together with the **sweet Asian sauce**. Season to taste with **salt** and **pepper**.



### Make the Drizzle

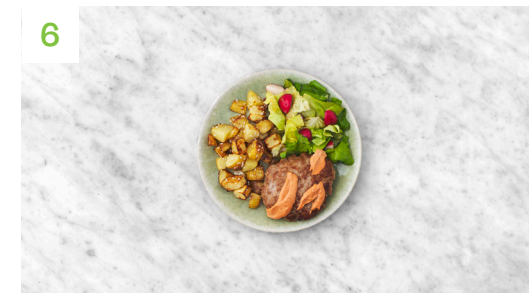
- While your **burgers** cook, make your drizzle by adding the **mayo, miso paste, gochujang** and **honey** to a bowl.
- Mix well to combine.

**TIP:** If your honey has hardened, pop the sachet into a bowl of warm water for 1-2 mins.



### Shape the Burgers

- In a large bowl, combine the **mince, breadcrumbs**, remaining **sesame seeds, garlic**, 1 tbsp **water** and ¼ tsp **salt** (double both for 4p).
- Season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, then shape into 1cm thick burgers, one per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



### Assemble and Serve

- Divide the sesame **potatoes** between plates.
- Serve the **turkey** burger and salad alongside.
- Top the burger with the spicy **miso honey** drizzle.

**Enjoy!**