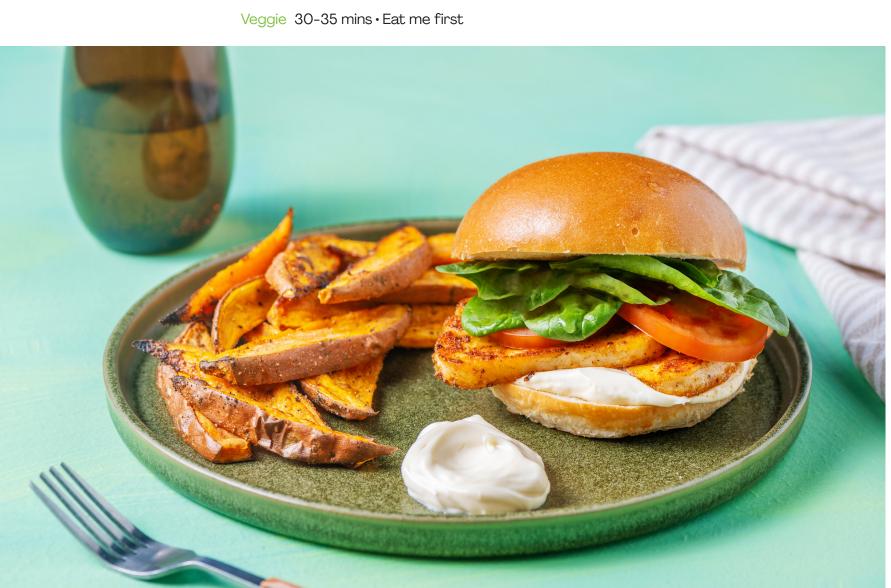


# Smoky Spiced Veggie Burgers with cheese and sweet potato wedges









Brioche Buns









Sweet Potato

**Grilling Cheese** 





Baby Spinach

Cajun Spice Mix

### Before you start

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

# Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Sieve

## Ingredients

	2P	4P
Brioche Buns	2 units	4 units
Tomato	1 unit	2 units
Garlic	1 unit	2 units
Mayo	2 sachets	4 sachets
Sweet Potato	300 g	600 g
Grilling Cheese	200 g	400 g
Baby Spinach	60 g	120 g
Cajun Spice Mix	1 sachet	2 sachets

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	393.5 g	100 g
Energy (kJ/kcal)	3066.8 kJ/ 733 kcal	779.4 kJ/ 186.3 kcal
Fat (g)	35.9 g	9.1 g
Sat. Fat (g)	17.1 g	4.4 g
Carbohydrate (g)	69.5 g	17.6 g
Sugars (g)	16.7 g	4.2 g
Protein (g)	34.5 g	8.8 g
Salt (g)	0.7 g	0.2 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.



# Make the Wedges

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **sweet potatoes** into 2cm wide 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, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



# **Get Prepped**

- Meanwhile, cut the grilling cheese into 1cm thick slices. Place the slices in a strainer or sieve, rinse in cold water, then pat dry with kitchen paper.
- Peel then press or grate the **garlic**.
- Cut the **tomato** into slices.
- Mix the mayo together with sugar, salt and pepper (all to taste). Add a quarter of the garlic (or less if you'd prefer) and mix well.



#### Marinate the Cheese

- In a medium bowl mix together the **Cajun spice mix**, remaining **garlic** and 2 tbsp **oil** (double for 4p).
- Add your cheese slices and gently stir to coat completely.
- Set aside.



## Toast the Buns

- · Halve the brioche buns.
- Toast on the top shelf of the oven until golden brown, 3-4 mins.

TIP: Keep an eye on them so they don't burn!



## Fry the Cheese

- Place a large pan over medium-high heat.
- When hot, add your cheese to the pan and cook until golden brown, 2-3 mins per side. If the slices look too dark after you flip them reduce heat to medium.

TIP: Don't overcrowd the pan. Cook cheese in 2 batches for 4p.



# Finish and Serve

- To assemble the burgers, spread a spoonful of garlic mayo over the base bun.
- Add the cheese, spinach and tomatoes on top.
  Close with the bun lid.
- Serve with sweet potato wedges and any remaining garlic mayo alongside.

Enjoy!



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

