



# Smoky Spiced Veggie Burgers with cheese and sweet potato wedges

Veggie 30-35 mins • Eat me first

7



Brioche Buns



Tomato



Garlic



Mayo



Sweet Potato



Grilling Cheese



Baby Spinach



Cajun Spice Mix

Pantry Items: Sugar, Oil, Pepper, Salt, Water



## 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/<br>733 kcal | 779.4 kJ/<br>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.

## Contact

Thumbs up or thumbs down?  
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## 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.



## 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!



## 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.



## 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.



## 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.



## 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!