

SIC



Product Spotlight: Potatoes

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



Classic burgers - perfect for the summer barbecue! Beef patty, tomatoes, lettuce, white onion and herbed mayo. Served with golden wedges.



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Sprinkle potato wedges with some ground paprika, smoked paprika or rosemary for extra flavour!

Constanting in the

FROM YOUR BOX

MEDIUM POTATOES	800g
AIOLI	100g
CHIVES	1/2 bunch *
BABY COS LETTUCE	1
TOMATOES	2
WHITE ONION	1
BEEF BURGER PATTIES 🍄	4-pack
BURGER BUNS	4-pack
	1 tin (225g)
HALLOUMI	2 packets

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

oven tray, large grill, frypan or barbecue

NOTES

Roast or cook the onion in a pan if the raw onion feels too strong.

No beef option – beef burger patties are replaced with chicken mince. Make 4 burger patties using chicken mince (season to taste). Spoon into frypan and cook, in two batches, for 3-4 minutes on each side or until golden and cooked through.

No gluten option - burger buns are replaced with GF burger buns.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. ROAST THE WEDGES

Set oven to 220°C.

Cut potatoes into wedges and toss with **oil and salt** on a lined oven tray (see notes). Roast for 20 minutes or until golden and tender.



2. PREPARE THE HERB MAYO

Combine aioli with **1 tsp oregano** and chopped chives in a small bowl.



3. PREPARE FRESH INGREDIENTS

Shred (or separate) lettuce leaves, slice tomatoes and white onion (see notes). Arrange on a plate.

VEG OPTION - Prepare as above and drain beetroot.



4. GRILL THE BURGERS

Heat a pan or barbecue over medium-high heat. Rub burger patties with **oil** and cook for 3 minutes on each side or until cooked through. Season with **salt and pepper**.

VEG OPTION - Halve each halloumi into 2 thick slices. Grill in a pan or barbecue until golden and warm.



5. WARM THE BUNS

Halve burger buns and warm quickly on the barbecue, in the oven or in a pan.



6. FINISH AND SERVE

Assemble the burgers at the table with patty, fresh salad vegetables and herbed mayo. Serve with a side of wedges.

VEG OPTION - Assemble the burgers at the table with halloumi, fresh salad vegetables and herbed mayo. Serve with a side of wedges.



