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# 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.



