

a fresh approach

Original Beef Burger And Wedges

Serves: 10
Preparation time approx. 25 minutes

Ingredients:

- 10 Birds Eye Foodservice Beef Burgers
- 10 sesame burger buns
- 10 slices of cheese
- 10 lettuce leaves
- 10 rings of onion
- 10 slices of tomato
- 20 cherry tomatoes

- 10 potatoes
- 30ml olive oil
- 10ml chilli sauce
- 5ml (1tsp) paprika

- Freshly Ground Black Pepper to season



To prepare:

1. Boil the potatoes in their skins, until cooked but still firm. Cut into large wedges.
2. In a bowl combine the olive oil, chilli sauce and paprika, mix thoroughly and season to taste.
3. Brush the potato wedges with the glaze and cook in a hot oven until golden.
4. Cook the Birds Eye Foodservice Original Beef Burgers and toast the burger buns.
5. Layer lettuce, burgers and cheese into the buns with tomato and onion and serve with potato wedges and cherry tomatoes.

Nutrition Information calculated per 100g		
Energy	234	kcal
Carbohydrate	15.0	g
NME sugar	2.4	g
Fat	16.5	g
Saturated Fat	4.0	g
Protein	6.3	g
Fibre	1.1	g
Sodium	264	mg
Vitamin A	50	ug
Vitamin C	6	mg
Folate	30	ug
Calcium	81	mg
Iron	0.6	mg
Zinc	0.5	mg

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