



Plant-Based Burger & Herby Fries

with Beetroot Relish, Dijon Mustard & Aioli

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Beetroot



Plant-Based Burger Patties



Plant-Based Burger Buns



Tomato



Dijon Mustard



Plant-Based Aioli



Spinach & Rocket Mix



Plant-Based Crumbed Chicken

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

Is there anything yummier than a big burger with all the trimmings? Survey says: absolutely not! This week, we're switching things up by building one around our plant-based burger patties, and loading it up with all the tasty toppings: beetroot relish, fresh tomato and salad leaves and an extra-special (and plant-based!) Dijon 'aioli'. On the side, there's a heap of herby baked fries...because how could we not?

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
beetroot	1	2
balsamic vinegar*	2 tbs	¼ cup
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
plant-based burger patties	2	4
plant-based burger buns	2	4
tomato	1	2
Dijon mustard	1 packet	2 packets
plant-based aioli	1 packet	2 packets
spinach & rocket mix	1 small bag	1 medium bag
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3328kJ (795Cal)	560kJ (134Cal)
Protein (g)	30.4g	5.1g
Fat, total (g)	36.4g	6.1g
- saturated (g)	5.8g	1g
Carbohydrate (g)	82.8g	13.9g
- sugars (g)	25.9g	4.4g
Sodium (mg)	1657mg	279mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3679kJ (879Cal)	622kJ (149Cal)
Protein (g)	28.2g	4.8g
Fat, total (g)	41.6g	7g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	94.2g	15.9g
- sugars (g)	25.7g	4.3g
Sodium (mg)	1810mg	306mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Bake the buns

- Meanwhile, halve **plant-based burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



Cook the beetroot relish

- Meanwhile, grate **beetroot**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beetroot**, the **balsamic vinegar** and the **brown sugar** until softened, **2-3 minutes**.
- Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season to taste. Transfer to a bowl.



Build the burgers

- Slice **tomato**.
- Spread buns with **Dijon mustard** and half the **plant-based aioli**.
- Top with a **plant-based patty**, **beetroot relish**, **tomato** and **spinach & rocket mix**.

Custom Recipe: Top with a plant-based crumbed chicken, beetroot relish, tomato and salad leaves.



Cook the patties

- When the fries have **10 minutes** remaining, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based burger patties** until browned and heated through, **2-3 minutes** each side.

TIP: For even browning, gently press down on the patties using a spatula.

Custom Recipe: If you have swapped to plant-based crumbed chicken, heat a large frying pan with enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



Serve up

- Divide plant-based burgers and herby fries between plates.
- Serve with remaining aioli and beetroot relish. Enjoy!

Rate your recipe

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