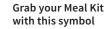


Plant-Based Burger & Herby Fries

with Beetroot Relish, Dijon Mustard & Aioli

ALTERNATIVE PROTEIN









Seasoning



Plant-Based **Burger Patties**



Plant-Based **Burger Buns**



Dijon Mustard



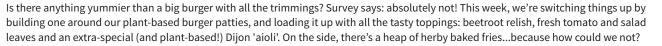


Spinach & Rocket





Plant Based



Olive Oil, Balsamic Vinegar, Brown

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 \cdot Large frying pan

Ingredients

ingi calcitis			
2 People	4 People		
refer to method	refer to method		
2	4		
1 medium sachet	1 large sachet		
1	2		
2 tbs	1/4 cup		
1 tbs	2 tbs		
⅓ cup	⅔ cup		
2	4		
2	4		
1	2		
1 packet	2 packets		
1 packet	2 packets		
1 small bag	1 medium bag		
1 packet	2 packets		
	refer to method 2 1 medium sachet 1 2 tbs 1 tbs ½ cup 2 1 1 packet 1 packet 1 small bag		

^{*}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.



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.



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.



Bake the buns

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



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.



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

