



# Plant-Based Burger & Herby Fries

with Beetroot Relish, Dijon Mustard & Aioli

CLIMATE SUPERSTAR

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



Haloumi

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



Plant Based\*

\*Custom Recipe is not 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'.

**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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
beetroot	1	2
<b>balsamic vinegar*</b>	2 tbs	¼ cup
<b>brown sugar*</b>	1 tbs	2 tbs
<b>water*</b>	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
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3330kJ (796Cal)	560kJ (134Cal)
Protein (g)	30.4g	5.1g
Fat, total (g)	36.4g	6.1g
- saturated (g)	5.8g	1g
Carbohydrate (g)	82.9g	13.9g
- sugars (g)	25.9g	4.4g
Sodium (mg)	1658mg	279mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3516kJ (840Cal)	615kJ (147Cal)
Protein (g)	30.8g	5.4g
Fat, total (g)	44.8g	7.8g
- saturated (g)	16.3g	2.9g
Carbohydrate (g)	76.4g	13.4g
- sugars (g)	25.7g	4.5g
Sodium (mg)	2069mg	362mg

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](https://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.

**Custom Recipe:** If you've swapped to haloumi, in a medium bowl, add haloumi and cover with water.



## 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**, stirring, 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:** Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



## 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**.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)