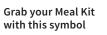


# Crumbed Veggie & Avocado Burger with Plant-Based Aioli, Spiced Fries & Salad

**EXPLORER** 









Seasoning



Garlic & Herb Seasoning



Panko Breadcrumbs





Plant-Based **Burger Patties** 



Avocado



Spinach & Rocket



Plant-Based Burger Buns



Plant-Based Aioli





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



You'll hear a satisfying crunch when you bite into this hearty meat-free burger. That's thanks to the golden layer of herby breadcrumbs which coat the tasty plant-based burger patty. We finish this classic dish with avocado, lettuce and a slather of creamy plant-based aioli. Simple, yet delicious!

#### **Pantry items**

Olive Oil, Plain Flour, Plant-Based Milk, Balsamic Vinegar

# 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
Nan's special seasoning	1 medium sachet	1 large sachet		
plain flour*	1 tbs	2 tbs		
plant-based milk*	2 tbs	1/4 cup		
garlic & herb seasoning	1 medium sachet	1 large sachet		
panko breadcrumbs	½ medium packet	1 medium packet		
plant-based burger patties	1 packet	2 packets		
avocado	1	2		
balsamic vinegar*	drizzle	drizzle		
spinach & rocket mix	1 small bag	1 medium bag		
plant-based burger buns	2	4		
plant-based aioli	1 packet (50g)	2 packets (100g)		
haloumi**	1 packet	2 packets		
* Downton Harris ** Contain Desire I was direct				

#### \*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4078kJ (975Cal)	732kJ (175Cal)
Protein (g)	32.7g	5.9g
Fat, total (g)	47.7g	8.6g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	100.4g	18g
- sugars (g)	20.3g	3.6g
Sodium (mg)	1928mg	346mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5230kJ (1250Cal)	<b>808kJ</b> (193Cal)
Protein (g)	49.8g	7.7g
Fat, total (g)	70.5g	10.9g
- saturated (g)	21.9g	3.4g
Carbohydrate (g)	101.6g	15.7g
- sugars (g)	21.3g	3.3g
Sodium (mg)	2963mg	458mg

The quantities provided above are averages only.

# **Allergens**

2023 | CW47

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 over Nan's special seasoning, season with salt and 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 added haloumi, in a medium bowl, place haloumi and cover with water to soak.



# Crumb the patties

- Meanwhile, combine the plain flour, the plant-based milk and garlic & herb seasoning in a shallow bowl. In a second shallow bowl, place panko breadcrumbs (see ingredients).
- Coat plant-based burger patties in the flour mixture, followed by the panko breadcrumbs. Transfer to a plate.



# Cook the patties

- When fries have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- · When oil is hot, cook plant-based burger patties until browned and heated through, 2-3 minutes each side. Transfer to a paper towel-lined plate.

**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



## Make the salad

- Meanwhile, slice **avocado** in half, scoop out flesh and thinly slice.
- In a medium bowl, combine a drizzle of the balsamic vinegar and olive oil. Season with salt
- Just before serving, add spinach & rocket mix and toss to coat.



## Warm the buns

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



# Serve up

- · Spread each bun base with some plant-based
- · Top with a crumbed plant-based patty, avocado slices and some salad.
- Divide burgers and spiced fries between plates. Serve with any remaining aioli. Enjoy!

Custom Recipe: Top each plant-based patty with a piece of golden haloumi.



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