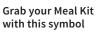


Smokey Plant-Based Burger with Spiced Sweet Potato Wedges & Slaw

TAKEAWAY FAVES

CLIMATE SUPERSTAR







Sweet Potato



Spice Blend



Plant-Based Smokey Aioli



Slaw Mix





Plant-Based

Burger Patty

Tomato



Onion Chutney



Burger Buns





Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me Early* *Custom Recipe only Plant-Based^

^Custom Recipe is

not Plant-Based

In this American-style burger, the plant-based patties mingle in the pan with a game-changing ingredient: our caramelised onion chutney! With the perfect ratio of sweet and savoury flavours, all that is left is to serve them with baked SP wedges and you have a dish which believe it or not, is 100% plant-based!

Olive Oil, White Wne Vinegar

Pantry items



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
All-American spice blend	1 medium sachet	1 large sachet	
plant-based smokey aioli	1 packet (50g)	2 packets (100g)	
white wine vinegar*	drizzle	drizzle	
slaw mix	1 small bag	1 large bag	
tomato	1	2	
plant-based burger patty	1 packet	2 packets	
onion chutney	1 packet (40g)	2 packets (80g)	
plant-based burger buns	2	4	
chicken breast**	1 small packet	2 small packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3277kJ (783Cal)	591kJ (141Cal)
Protein (g)	27.7g	5g
Fat, total (g)	34.9g	6.3g
- saturated (g)	5.7g	1g
Carbohydrate (g)	85.9g	15.5g
- sugars (g)	30.5g	5.5g
Sodium (mg)	1539mg	277mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3064kJ (732Cal)	505kJ (121Cal)
Protein (g)	45g	7.4g
Fat, total (g)	25.2g	4.2g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	78.3g	12.9g
- sugars (g)	29.3g	4.8g
Sodium (mg)	999mg	165mg

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 wedges

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into wedges.
- Place wedges on a lined oven tray. Drizzle with olive oil, sprinkle with All-American spice blend and season with salt. Toss to coat.
- Bake until tender, 25-30 minutes.

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



Cook the patties & heat the buns

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook
 plant-based burger patties until browned and heated through,
 2-3 minutes each side.
- In the last **30 seconds**, add **onion chutney**, turning **patties** to coat.
- While the patties are cooking, halve plant-based burger buns and bake directly on a oven wire rack until heated through, 3 minutes.

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

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Heat pan as above and cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side. In the last 30 seconds, add onion chutney and continue with step.



Prep the slaw

- While the wedges are baking, in a large bowl, combine a dollop of plant-based smokey aioli, a drizzle of olive oil and the white wine vinegar.
 Add slaw mix, season with salt and pepper and toss to combine.
- Thinly slice tomato.



Serve up

- Spread burger buns with remaining plant-based smokey aioli.
- Top with slaw, plant-based patty and tomato slices. Spoon over any remaining glaze from the pan.
- Serve with spiced sweet potato wedges and any remaining slaw. Enjoy!