



# Smokey Plant-Based Burger

with Spiced Sweet Potato Wedges & Slaw

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Plant-Based Smokey Aioli



Slaw Mix



Tomato



Plant-Based Burger Patty



Onion Chutney



Plant-Based Burger Buns



Chicken Breast

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



Plant-Based<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Plant-Based



Eat Me Early\*  
\*Custom Recipe only

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!

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

### Pantry items

Olive Oil, White Wne 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

	2 People	4 People
<b>olive oil*</b>	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)
<b>white wine vinegar*</b>	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](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



1



## 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.

3



## 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.

2



## 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**.

4



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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