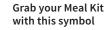


Crumbed Plant-Based 'Beef' & Avocado Burger

with Plant-Based Aioli, Spiced Sweet Potato Fries & Salad

EXPLORER

CLIMATE SUPERSTAR











Seasoning



Garlic & Herb Seasoning





Panko Breadcrumbs



Plant-Based



Burger Patties



Spinach & Rocket



Plant-Based Burger Buns



Plant-Based



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

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet 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	2	4
avocado	1	2
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 small bag	1 medium bag
plant-based burger buns	1 medium packet	1 large packet
plant-based aioli	1 packet (50g)	2 packets (100g)
haloumi**	1 packet	2 packets

*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)	808kJ (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

2024 | CW02

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 sweet potato fries

- Preheat oven to 240°C/220°C fan-forced. Cut sweet potato into fries.
- Place fries on lined oven tray. Drizzle with olive oil, sprinkle over Nan's special seasoning and toss to coat.
- · Bake until tender. 20-25 minutes.

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

Custom Recipe: If you've added haloumi, place haloumi in a medium bowl and cover with water to soak.



Crumb the patties

- Meanwhile, combine the plain flour, 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 golden 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 and pepper.
- 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 base with some plant-based aioli.
- 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.

Rate your recipe

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