



# Crumbed Plant-Based 'Beef' & Avocado Burger

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

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Nan's Special Seasoning



Garlic & Herb Seasoning



Panko Breadcrumbs



Plant-Based Burger Patties



Avocado



Spinach & Rocket Mix



Plant-Based Burger Buns



Plant-Based Aioli



Haloumi

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

Plant Based

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, spinach, rocket and a slather of creamy plant-based aioli. Simple, yet delicious!

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
Nan's special seasoning	1 medium sachet	1 large sachet
<b>plain flour*</b>	1 tbs	2 tbs
<b>plant-based milk*</b>	2 tbs	¼ 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
<b>balsamic vinegar*</b>	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

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 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.



## 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.



## 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.



## Warm the buns

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



## 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.



## 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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