



Crumbed Plant-Based 'Beef' & Avocado Burger

with Plant-Based Aioli, Spiced Sweet Fries & Salad

EXPLORER

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*

*Custom Recipe is not 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
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	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
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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3632kJ (868Cal)	789kJ (189Cal)
Protein (g)	30.9g	6.7g
Fat, total (g)	37g	8g
- saturated (g)	6g	1.3g
Carbohydrate (g)	99.4g	21.6g
- sugars (g)	19.9g	4.3g
Sodium (mg)	1808mg	393mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4784kJ (1143Cal)	869kJ (208Cal)
Protein (g)	48g	8.7g
Fat, total (g)	59.8g	10.9g
- saturated (g)	20.4g	3.7g
Carbohydrate (g)	100.6g	18.3g
- sugars (g)	20.9g	3.8g
Sodium (mg)	2843mg	516mg

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



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a 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.

4



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.

2



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.

3



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.

5



Warm the buns

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

6



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.

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