



Plant-Based 'Beef' Patty & Pepper Gravy

with Potato Mash & Mustard Veggies

NEW

Grab your Meal Kit with this symbol



Potato



Broccoli



Green Beans



Carrot



Garlic



Dijon Mustard



Plant-Based Burger Patty



Gravy Granules



Flaked Almonds



Plant-Based Burger Patty

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

Calorie Smart*
**Custom recipe is not Calorie Smart*

Plant Based

Looking for a plant-based option that's filling and flavourful? Our plant-based patty works perfectly with buttery mash and tender veggies, all soaking in a rich, peppery gravy. Don't forget a sprinkle of almonds for added texture!

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

Pantry items

Olive Oil, Plant-Based Butter, Plant-Based Milk, Cracked Black Pepper

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based butter*	40g	80g
plant-based milk*	2 tbs	¼ cup
broccoli	1 head	2 heads
green beans	1 small packet	1 medium packet
carrot	1	2
garlic	3 cloves	6 cloves
Dijon mustard	1 packet	2 packets
plant-based burger patty	1 packet	2 packets
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
cracked black pepper*	1 tsp	2 tsp
flaked almonds	1 medium packet	1 large packet
plant-based burger patty**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2501kJ (598Cal)	384kJ (92Cal)
Protein (g)	33.8g	5.2g
Fat, total (g)	31.2g	4.8g
- saturated (g)	7.6g	1.2g
Carbohydrate (g)	42.9g	6.6g
- sugars (g)	13.6g	2.1g
Sodium (mg)	1258mg	193mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3467kJ (829Cal)	453kJ (108Cal)
Protein (g)	50.5g	6.6g
Fat, total (g)	45.5g	6g
- saturated (g)	11.6g	1.5g
Carbohydrate (g)	50.5g	6.6g
- sugars (g)	14.8g	1.9g
Sodium (mg)	1882mg	246mg

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



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **plant-based butter** and **plant-based milk** to potato and season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Cook the patties

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **plant-based burger patties** until browned and heated through, **2-3 minutes** each side. Transfer to a plate and cover to keep warm.

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

Custom Recipe: If you've doubled your plant-based burger patties, cook burger patties in batches for best results.



Get prepped

- Meanwhile, chop **broccoli** (including stalk!) into small florets.
- Trim and halve **green beans**.
- Thinly slice **carrot** into half-moons.
- Finely chop **garlic**.



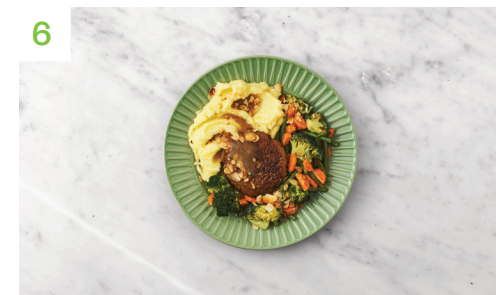
Make the sauce

- Boil the kettle. In a medium bowl, combine **olive oil**. Cook **plant-based burger patties** until browned and heated through, **2-3 minutes** each side. Transfer to a plate and cover to keep warm.
- Return frying pan to medium heat with a drizzle of **olive oil** and cook the **cracked black pepper** and remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic-pepper mixture** to the bowl with the gravy, stirring until combined.



Cook the veggies

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **broccoli**, **green beans** and **carrot** with a splash of **water**, tossing, until tender, **6-8 minutes**.
- Add **Dijon mustard** and half the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and season. Cover to keep warm.



Serve up

- Divide patties, mash and mustard veggies between plates.
- Pour over pepper gravy.
- Sprinkle over **flaked almonds** to serve. Enjoy!

Rate your recipe

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