



Plant-Based Burger & Spiced Sweet Potato Fries

with Parsley 'Mayo' & Caramelised Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Brown Onion



Tomato



Parsley



Plant-Based Burger Patty



Continental Rolls



Dijon Mustard



Plant-Based Mayonaise



Mixed Salad Leaves



Haloumi

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 15-25 mins
Ready in: 30-40 mins

Our plant-based patties mean you can have your burger and eat it too. Load yours up with salad and a herby mustard plant-based mayo and consider your Meatless Monday sorted.

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

Plant Based

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 |
| All-American spice blend | 1 medium sachet | 1 large sachet |
| brown onion | 1 | 2 |
| tomato | 1 | 2 |
| parsley | 1 packet | 1 packet |
| balsamic vinegar* | 1 tbs | 2 tbs |
| brown sugar* | 1 tsp | 2 tsp |
| plant-based burger patty | 2 | 4 |
| continental rolls | 2 | 4 |
| Dijon mustard | 1 medium packet | 2 medium packets |
| plant-based mayonnaise | 2 medium packets | 4 medium packets |
| mixed salad leaves | 1 small packet | 1 medium packet |
| haloumi** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3840kJ (917Cal) | 632kJ (151Cal) |
| Protein (g) | 29.9g | 4.9g |
| Fat, total (g) | 53g | 8.7g |
| - saturated (g) | 7.1g | 1.2g |
| Carbohydrate (g) | 77.1g | 12.7g |
| - sugars (g) | 21.8g | 3.6g |
| Sodium (mg) | 1699mg | 280mg |
| Dietary Fibre (g) | 18g | 3g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4992kJ (1193Cal) | 716kJ (171Cal) |
| Protein (g) | 46.5g | 6.7g |
| Fat, total (g) | 73.9g | 10.6g |
| - saturated (g) | 21.6g | 3.1g |
| Carbohydrate (g) | 78.2g | 11.2g |
| - sugars (g) | 23g | 3.3g |
| Sodium (mg) | 2860mg | 410mg |
| Dietary Fibre | 18g | 2.6g |

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 with **All-American spice blend** and season with **salt**. Toss to coat. Bake until tender, **20-25 minutes**.

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

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

3



Cook the patties

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **plant-based burger patties** until browned, **2-3 minutes** each side (cook in batches if your pan is getting crowded).
- While patties are cooking, halve **continental rolls** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.

TIP: For even browning, press down on each patty in the frying pan using a spatula.

Custom Recipe: Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. After cooking the burger patties, cook haloumi until golden brown, 1-2 minutes each side

2



Get prepped & caramelize the onion

- Meanwhile, thinly slice **brown onion**. Thinly slice **tomato**. Roughly chop **parsley**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of water. Mix well.
- Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

4



Serve up

- In a small bowl, combine **Dijon mustard** and half the **plant-based mayonnaise**.
- In a second small bowl, combine parsley and remaining plant-based mayonnaise.
- Spread a layer of parsley 'mayo' across rolls. Top with a plant-based burger patty, some caramelised onion, tomato slices and **mixed salad leaves**. Serve with sweet potato fries and mustard 'mayo'. Enjoy!

Custom Recipe: Top burger with a haloumi slice to serve.

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate