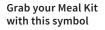


Plant-Based Burger & Spiced Sweet Potato Fries

with Parsley 'Mayo' & Caramelised Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Sweet Potato

All-American

Spice Blend





Brown Onion







Plant-Based **Burger Patty**





Continental Rolls





Plant-Based



Mayonaise

Leaves





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.



Pantry items

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
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	2 medium	4 medium
mayonnaise	packets	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
O t		

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





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.



Cook the patties

- · Wipe out frying pan, then return to medium-high heat with a drizzle of
- 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



Get prepped & caramelise 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.
- Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



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
- 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 uour recipe

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