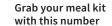


# Plant-Based Burger & Smokey Fries with Parsley 'Mayo' & Caramelised Onion

ALTERNATIVE PROTEIN









Spice Blend





Avocado

**Brown Onion** 







Continental Rolls



Plant-Based **Burger Patty** 

Dijon Mustard



Plant-Based



Mayonnaise







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



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
potato	2	4
All-American spice blend	1 medium sachet	1 large sachet
brown onion	1	2
avocado	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 packet	2 packets
plant-based mayonnaise	2 packets	4 packets
mixed salad leaves	1 small packet	1 medium packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4218kJ (1008cal)	396kJ (95cal)
Protein (g)	31.2g	2.9g
Fat, total (g)	62.3g	5.8g
- saturated (g)	8.2g	0.8g
Carbohydrate (g)	77.9g	7.3g
- sugars (g)	17.9g	1.7g
Sodium (mg)	1771mg	166.1mg
Dietary Fibre (g)	23.3g	2.2g

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.



## Bake the potato fries

- Preheat oven to 240°C/220°C fan-forced. Cut 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.



# 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 patty 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.



# Get prepped & caramelise the onion

- Meanwhile, thinly slice brown onion. Slice avocado in half, scoop out flesh and thinly slice. 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, brown sugar and a splash of water. Mix well. 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 mayonnaise.
- Spread a layer of parsley 'mayo' over bun bases. Top with a plant-based burger patty, some caramelised onion, avocado and mixed salad leaves.
- Serve with smokey fries and Dijon mayo. Enjoy!









with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

