



# Plant-Based Burger & Smokey Fries

with Parsley 'Mayo' & Caramelised Onion

ALTERNATIVE PROTEIN

Grab your meal kit with this number

10



Potato



All-American Spice Blend



Brown Onion



Avocado



Parsley



Plant-Based Burger Patty



Continental Rolls



Dijon Mustard



Plant-Based Mayonnaise



Mixed Salad Leaves



Plant-Based Burger Patty



Diced Bacon

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

Plant Based

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

Olive Oil, Balsamic Vinegar, Brown Sugar

## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	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

\*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](https://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 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.

### CUSTOM OPTIONS



#### DOUBLE PLANT-BASED BURGER PATTY

Follow method above, cooking in batches if necessary.



#### ADD DICED BACON

Cook with the burger topping. Continue with recipe.



## Get prepped & caramelize 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 caramelized onion, avocado and **mixed salad leaves**.
- Serve with smoky fries and Dijon mayo. Enjoy!

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

