



Sticky Glazed Plant-Based Burger

with Fries & Slaw

ALTERNATIVE PROTEIN

Grab your meal kit with this number

30



Potato



Tomato



Mixed Salad Leaves



Plant-Based Mayonnaise



Sweet & Savoury Glaze



Plant-Based Burger Patty



Continental Rolls



Chicken Breast



Haloumi

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

If you're looking for a plant-based family favourite, then look no further. This one packs a tender plant-based burger patty with tomato and some creamy salad leaves - and not to mention, the sweet and savoury glaze will make this dish really sing.

Pantry items

Olive Oil, Soy Sauce

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
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
mixed salad leaves	1 small packet	1 medium packet
plant-based mayonnaise	1 packet	2 packets
sweet & savoury glaze	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
plant-based burger patty	1 packet	2 packets
continental rolls	2	4

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3774kJ (902cal)	708kJ (133cal)
Protein (g)	29.8g	5.6g
Fat, total (g)	52g	9.8g
- saturated (g)	6g	1.1g
Carbohydrate (g)	75.4g	14.1g
- sugars (g)	13g	2.4g
Sodium (mg)	1450mg	272mg
Dietary Fibre (g)	12.8g	2.4g

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray.
- Season with **salt**, drizzle with **olive oil** and toss to coat. Bake until tender, **20-25 minutes**.

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

2



Get prepped

- Roughly chop **tomato**.
- In a medium bowl, combine **mixed salad** leaves, **tomato**, a drizzle of **olive oil**, half the **plant-based mayonnaise** and a generous pinch of **salt**.

3



Make the sauce

- In a small bowl combine **sweet & savoury glaze**, the **soy sauce** and a splash of **water**.

4

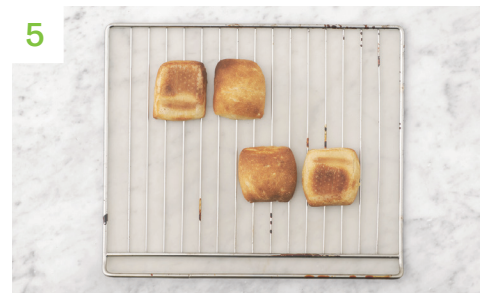


Cook the patties

- When fries have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **plant-based burger patties** until browned and heated through, **2-3 minutes** each side.
- Remove from heat, then add the **sauce mixture**, turning to coat.

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

5



Heat the rolls

- While the patties are cooking, halve **continental rolls** and bake directly on a wire oven rack until heated through, **3 minutes**.

6



Finish & serve

- Top bun bases with a plant-based patty and slaw. Spoon over remaining glaze in the pan.
- Divide sticky glazed plant-based burger and fries between plates.
- Serve with remaining mayo. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



SWAP TO HALOUMI

Cut haloumi into 1cm-thick slices. Follow method above, cooking until golden brown, 1-2 minutes each side.

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

