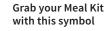


Easy Smokey Plant-Based Burger with Spiced Sweet Potato Wedges & Slaw

ALTERNATIVE PROTEIN

TAKEAWAY FAVES

CLIMATE SUPERSTAR







Sweet Potato



All-American



Plant-Based









Plant-Based

Burger Patties

Plant-Based

Burger Buns

Tomato



Onion Chutney







Prep in: 15-25 mins Ready in: 35-45 mins



In this American-style burger, the plant-based patties mingle in the pan with a game-changing ingredient: our caramelised onion chutney! With the perfect ratio of sweet and savoury flavours, all that is left is to serve them with baked SP wedges and you have a dish which believe it or not, is 100% plant-based!

Pantry items Olive Oil, White Wine Vinegar

Eat Me Early* *Custom Recipe only

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 \cdot Large frying pan

Ingredients

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	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		
plant-based aioli	1 medium packet	2 medium packets		
white wine vinegar*	drizzle	drizzle		
slaw mix	1 small bag	1 large bag		
tomato	1	2		
plant-based burger patties	1 packet	2 packets		
onion chutney	1 packet (40g)	2 packets (80g)		
plant-based burger buns	2	4		
chicken breast**	1 small packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3322kJ (794Cal)	599kJ (143Cal)
Protein (g)	27.4g	4.9g
Fat, total (g)	36.1g	6.5g
- saturated (g)	5.8g	1g
Carbohydrate (g)	85.9g	15.5g
- sugars (g)	30.5g	5.5g
Sodium (mg)	1539mg	277mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3116kJ (745Cal)	514kJ (123Cal)
Protein (g)	44g	7.3g
Fat, total (g)	27g	4.4g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	78.3g	12.9g
- sugars (g)	29.3g	4.8g
Sodium (mg)	1003mg	165mg

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 wedges

- · Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into wedges.
- Place wedges 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, 25-30 minutes.



Cook the patties & heat the buns

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook plant-based burger patties until browned and heated through,
 2-3 minutes each side.
- In the last 30 seconds, add onion chutney, turning patties to coat.
- While the patties are cooking, halve plant-based burger buns and bake directly on an oven wire rack, until heated through, 2-3 minutes.

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

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Heat pan as above and cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side. In the last 30 seconds, add onion chutney and continue with step.



Prep the slaw

- In a large bowl, combine a dollop of plant-based aioli, a drizzle of olive oil
 and the white wine vinegar. Add slaw mix, season with salt and pepper
 and toss to combine.
- Thinly slice tomato.



Serve up

- Spread burger buns with remaining plant-based aioli.
- Top with the plant-based patties, tomato slices and slaw. Spoon over any remaining glaze from the pan.
- Serve with spiced sweet potato wedges and any remaining slaw. Enjoy!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate

