



# Plant-Based Burger & Spiced Potato Fries

with Dill 'Mayo' & Caramelised Onion

ALTERNATIVE PROTEIN



Grab your Meal Kit with this symbol



Potato



All-American Spice Blend



Brown Onion



Tomato



Dill



Plant-Based Burger Buns



Mixed Salad Leaves



Dijon Mustard



Plant-Based Mayonnaise



Plant-Based Burger Patties



Haloumi

Prep in: 20-30 mins  
Ready in: 30-40 mins  
Plant Based\*



\*Custom Recipe is not Plant Based

Our plant-based patties mean you can have your burger and eat it too. Load yours up with salad and a dill-spiked plant-based mayo, and consider your Meatless Monday sorted.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
tomato	1	2
dill	1 bag	1 bag
Dijon mustard	1 packet	2 packets
plant-based mayonnaise	2 medium packets	4 medium packets
plant-based burger patties	1 packet	2 packets
plant-based burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3844kJ (919Cal)	633kJ (151Cal)
Protein (g)	29.9g	4.9g
Fat, total (g)	53.1g	8.7g
- saturated (g)	7g	1.2g
Carbohydrate (g)	77.2g	12.7g
- sugars (g)	21.8g	3.6g
Sodium (mg)	1698mg	280mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4996kJ (1194Cal)	717kJ (171Cal)
Protein (g)	47g	6.7g
Fat, total (g)	75.9g	10.9g
- saturated (g)	21.4g	3.1g
Carbohydrate (g)	78.3g	11.2g
- sugars (g)	22.8g	3.3g
Sodium (mg)	2733mg	392mg

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

2023 | CW09



## 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.

**Custom Recipe:** If you've added haloumi, place haloumi in a medium bowl and cover with water.



## 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 patties** until browned, **2-3 minutes** each side (cook in batches if your pan is getting crowded).

**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.



## Caramelize the onion

- Meanwhile, thinly slice **brown onion**.
- 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**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.



## Heat the burger buns

- Meanwhile, halve **plant-based burger buns** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.



## Get prepped

- While the onion is cooking, thinly slice **tomato**, then set aside. Roughly chop **dill**.
- In a small bowl, combine **Dijon mustard** and 1/2 the **plant-based mayonnaise**.
- In a second small bowl, combine **dill** and remaining **plant-based mayo**.



## Serve up

- Spread a layer of dill 'mayo' over the burger bases.
- Top each base with a plant-based burger patty, tomato slices, **mixed salad leaves** and some caramelized onion.
- Serve with potato fries and Dijon 'mayo'. Enjoy!

**Custom Recipe:** Top burgers with haloumi.

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