



# Plant-Based Burger & Herby Fries

with Beetroot Relish & Dijon Aioli

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Beetroot



Plant-Based Burger Buns



Tomato



Salad Leaves



Plant-Based Burger Patties



Dijon Mustard



Plant-Based Aioli

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

Plant Based

Is there anything yummier than a big burger with all the trimmings? Survey says: absolutely not! This week, we're switching things up by building one around our plant-based burger patties, and loading it up with all the tasty toppings: beetroot relish, fresh tomato and salad leaves and an extra-special (and plant-based!) Dijon 'aioli'. On the side, there's a heap of herby baked fries...because how could we not?

### 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
garlic & herb seasoning	1 medium sachet	1 large sachet
beetroot	1	2
<b>balsamic vinegar*</b>	2 tbs	¼ cup
<b>brown sugar*</b>	1 tbs	2 tbs
<b>water*</b>	⅓ cup	¾ cup
plant-based burger patties	2	4
plant-based burger buns	2	4
tomato	1	2
Dijon mustard	1 packet	2 packets
plant-based aioli	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3400kJ (813Cal)	572kJ (137Cal)
Protein (g)	30.3g	5.1g
Fat, total (g)	36.8g	6.2g
- saturated (g)	5.8g	1g
Carbohydrate (g)	84.7g	14.2g
- sugars (g)	24.5g	4.1g
Sodium (mg)	1631mg	274mg

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://www.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 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 **garlic & herb seasoning** 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.



## Heat the buns

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



## Cook the beetroot relish

- Meanwhile, grate **beetroot**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beetroot**, the **balsamic vinegar** and the **brown sugar**, stirring occasionally, until softened, **2-3 minutes**.
- Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season to taste. Transfer to a bowl.



## Cook the patties

- When the fries have **10 minutes** remaining, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based burger patties** until browned and heated through, **2-3 minutes** each side.

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



## Prep the tomato

- Slice **tomato**.



## Serve up

- Spread bun bases and tops with **Dijon mustard** and 1/2 the **plant-based aioli**. Top with a plant-based patty, beetroot relish, tomato and **salad leaves**.
- Divide plant-based burgers and herby fries between plates.
- Serve with remaining aioli and beetroot relish. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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