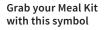


# Plant-Based Burger & Herby Fries with Beetroot Relish & Dijon Aioli

ALTERNATIVE PROTEIN

**CLIMATE SUPERSTAR** 









Seasoning









Salad Leaves





Plant-Based **Burger Patties** 

Dijon Mustard



Aioli







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

## 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

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
garlic & herb seasoning	1 medium sachet	1 large sachet	
beetroot	1	2	
balsamic vinegar*	2 tbs	1⁄4 cup	
brown sugar*	1 tbs	2 tbs	
water*	⅓ cup	⅔ 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	

<sup>\*</sup>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 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.



## 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.



## Heat the buns

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



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!

