



# Plant-Based Burger & Herby Fries

with Beetroot Relish, Dijon Mustard & 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



Haloumi

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



\*Custom Recipe is not 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?

**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
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>	½ 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
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3330kJ (796Cal)	560kJ (134Cal)
Protein (g)	30.3g	5.1g
Fat, total (g)	36.6g	6.2g
- saturated (g)	5.8g	1g
Carbohydrate (g)	82.6g	13.9g
- sugars (g)	25.6g	4.3g
Sodium (mg)	1633mg	275mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3517kJ (841Cal)	615kJ (147Cal)
Protein (g)	30.8g	5.4g
Fat, total (g)	45g	7.9g
- saturated (g)	16.3g	2.9g
Carbohydrate (g)	76.1g	13.3g
- sugars (g)	25.5g	4.5g
Sodium (mg)	2044mg	358mg

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



## 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.

**Custom Recipe:** If you've swapped to haloumi, in a medium bowl, add haloumi and cover with water.



## Bake the buns

- Meanwhile, halve **plant-based burger buns** and bake 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, 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.

**Custom Recipe:** Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



## Start building the burgers

- Slice **tomato**.
- Spread bun bases with **Dijon mustard** and 1/2 the **plant-based aioli**.



## Serve up

- Top with a plant-based patty, some beetroot relish, tomato and **salad leaves**.
- Divide plant-based burgers and herby fries between plates.
- Serve with remaining aioli and beetroot relish. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)