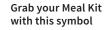


Plant-Based Burger & Herby Fries

with Beetroot Relish, Dijon Mustard & Aioli

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Seasoning





Beetroot

Plant-Based **Burger Patties**



Plant-Based **Burger Buns**

Dijon Mustard



Plant-Based



Salad Leaves



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?



Olive Oil, Balsamic Vinegar, Brown

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

ingi edients			
	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 packet	2 packets	
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)	3328kJ (795Cal)	560kJ (134Cal)
Protein (g)	30.4g	5.1g
Fat, total (g)	36.4g	6.1g
- saturated (g)	5.8g	1g
Carbohydrate (g)	82.8g	13.9g
- sugars (g)	25.9g	4.4g
Sodium (mg)	1657mg	279mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3515kJ (840Cal)	615kJ (147Cal)
Protein (g)	30.8g	5.4g
Fat, total (g)	44.8g	7.8g
- saturated (g)	16.2g	2.8g
Carbohydrate (g)	76.4g	13.4g
- sugars (g)	25.7g	4.5g
Sodium (mg)	2068mg	362mg

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.

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



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 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.



Bake the buns

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



Build the burgers

- Slice tomato.
- Spread buns with Dijon mustard and 1/2 the plant-based aioli.
- Top with a plant-based patty, beetroot relish, tomato and salad leaves.



Serve up

- Divide plant-based burgers and herby fries between plates.
- Serve with remaining aioli and beetroot relish.
 Enjoy!



Scan here if you have any questions or concerns





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