



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 Patties



Plant-Based Burger Buns



Tomato



Dijon Mustard



Plant-Based Aioli



Salad Leaves



Haloumi

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



Plant Based*
**Custom Recipe is not Plant Based*

Is there anything yummiier 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

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 · Large frying pan

Ingredients

	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	¼ 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.

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** 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.



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!

Rate your recipe

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