



Plant-Based Burger & Spiced Potato Fries

with Dill 'Aioli' & Caramelised Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



All-American Spice Blend



Brown Onion



Tomato



Dill



Dijon Mustard



Plant-Based Aioli



Plant-Based Burger Patties



Plant-Based Burger Buns



Mixed Salad Leaves



Plant-Based Crumbed Chicken

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

Our plant-based patties mean you can have your burger and eat it too. Load yours up with salad and a dill-spiked plant-based aioli and consider your Meatless Monday sorted.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Plant Based

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
All-American spice blend	1 medium sachet	1 large sachet
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
tomato	1	2
dill	1 bag	1 bag
Dijon mustard	1 packet	2 packets
plant-based aioli	2 medium packets	4 medium packets
plant-based burger patties	1 packet	2 packets
plant-based burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3844kJ (919Cal)	633kJ (151Cal)
Protein (g)	29.9g	4.9g
Fat, total (g)	53.1g	8.7g
- saturated (g)	7g	1.2g
Carbohydrate (g)	77.2g	12.7g
- sugars (g)	21.8g	3.6g
Sodium (mg)	1698mg	280mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4195kJ (1003Cal)	694kJ (166Cal)
Protein (g)	27.8g	4.6g
Fat, total (g)	58.2g	9.6g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	88.6g	14.7g
- sugars (g)	21.7g	3.6g
Sodium (mg)	1851mg	306mg

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



1



Bake the potato 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 **All-American spice blend** 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

4



Cook the patties

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **plant-based burger patties** until browned, **2-3 minutes** each side (cook in batches if your pan is getting crowded).

TIP: For even browning, press down on each patty in the frying pan using a spatula.

Custom Recipe: If you've swapped to plant-based crumbed chicken, in a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.

2



Caramelize the onion

- Meanwhile, thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.

5



Heat the burger buns

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

3



Get prepped

- While the onion is cooking, thinly slice **tomato**, then set aside. Roughly chop **dill**.
- In a small bowl, combine **Dijon mustard** and 1/2 the **plant-based aioli**.
- In a second small bowl, combine **dill** and remaining **plant-based aioli**.

6



Serve up

- Spread a layer of dill 'aioli' over the bun bases.
- Top each base with a plant-based burger patty, tomato slices, **mixed salad leaves** and some caramelised onion.
- Serve with potato fries and Dijon aioli. Enjoy!

Rate your recipe

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