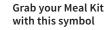


# Plant-Based Burger & Spiced Potato Fries with Dill 'Aioli' & Caramelised Onion

ALTERNATIVE PROTEIN

**CLIMATE SUPERSTAR** 









Spice Blend



**Brown Onion** 







Dijon Mustard

Tomato





Plant-Based **Burger Patties** 

Leaves



Plant-Based **Burger Buns** 







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** 

plant-based aioli and consider your Meatless Monday sorted.

#### 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

| ingi ediente                        |                  |                  |  |  |
|-------------------------------------|------------------|------------------|--|--|
|                                     | 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<br>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<br>burger patties       | 1 packet         | 2 packets        |  |  |
| plant-based<br>burger buns          | 2                | 4                |  |  |
| mixed salad<br>leaves               | 1 small bag      | 1 medium bag     |  |  |
| plant-based<br>crumbed<br>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 Pacina    |                 |                |

| 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**

2023 | CW14

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 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



#### Caramelise 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**. Mix well. Cook until dark and sticky, 3-5 minutes.
- Transfer to a small bowl.



# 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.



## 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.



## Heat the burger buns

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



#### 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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

