



GOAN SPICED BEET BURGER

with Wedges, Salad and Mango Chutney



HELLO BEETROOT

Bottoms up! Beetroot can be made into a wine that tastes similar to port!



Chickpeas



Beetroot



Coriander



Goan Xacuti Curry Powder



Panko Breadcrumbs



Cheddar Cheese



Burger Bun



Baby Gem Lettuce



Vine Tomato



Lime



Mango Chutney



Potato

MEAL BAG

35 mins

3 of your 5 a day

Very hot

Veggie

Packed with flavour and good-for-you-ingredients, our vegetarian spiced beetroot burgers are a wholesome and seriously satisfying recipe for a midweek treat. Because of their texture, chickpeas are a great thing to use for veggie patties as they can hold their shape and work brilliantly with earthy beetroot and the punchy flavour of our specially blended Goan spice. Served with a crunchy salad and chunky potato wedges, they're the perfect thing for a tasty vegetarian dinner.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Baking Trays**, a **Colander**, **Fine Grater**, **Coarse Grater**, **Mixing Bowl**, **Potato Masher** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and toss to coat. Roast the **wedges** on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking.



2 PREP TIME

Meanwhile, drain and rinse the **chickpeas** in a colander. Finely chop the **coriander** (stalks and all). Peel and grate the **beetroot** on a fine grater (take care - the juice stains). Grate the **cheddar cheese**. Zest and halve the **lime**. Put the **chickpeas** in a mixing bowl and mash with a potato masher. **★ TIP: Don't worry if a few are left whole, this will add texture.**



3 SHAPE THE BURGERS

Add the **beetroot** to the bowl along with the **coriander**, **curry powder** (use less if you don't like things too hot) and **breadcrumbs**. Add a pinch of **salt** and a grind of **pepper** and mix together well. Use your hands to form a large ball. **★ TIP: Really squish it together with your hands and add a splash of water to help it stick together if necessary.** Shape the **mixture** into burger shaped **patties** (1 per person).



4 FRY THE BURGERS

Heat a splash of **oil** in a large frying pan over medium-high heat. When hot, carefully add the **burgers** and cook until browned, 2 mins. Turn and brown on the other side, another 2 mins. Transfer to another baking tray, sprinkle the **cheddar** on top and bake in the oven until the the **cheese** is golden and bubbly, 8-10 mins. Give the pan a quick wash and return to high heat. While its heating up, slice the **burger buns** in half.



5 LAST FEW JOBS

Once the pan is hot, lay in the **burger bun halves** and toast, cut-side down until golden, 2-3 mins. Meanwhile, trim the root from the **baby gem lettuce** then separate the **leaves**. Keep one **leaf** per person aside then slice up your remaining **baby gem**. Chop the **tomato** into 1cm chunks. Pop the **baby gem** and **tomato** into a large bowl and add a pinch of **lime zest**, a squeeze of **lime juice** and **olive oil** (see ingredients for amount). Toss to dress the **salad**.



6 FINISH AND SERVE

Spread the **mango chutney** onto both sides of the **burger buns** and then pop the **burger** on the base. Top with one of the reserved **baby gem leaves** and then the other **half** of the **burger bun**. Serve on a plate with the **wedges** and **salad** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Chickpeas	1 carton	1½ cartons	2 cartons
Beetroot *	½	1	1
Coriander *	1 bunch	1 bunch	2 bunches
Goan Xacuti Curry Powder	1 small pot	¾ large pot	1 large pot
Panko Breadcrumbs 13)	30g	40g	50g
Cheddar Cheese 7) *	1½ blocks	2 blocks	3 blocks
Burger Bun 8) 11) 13)	2	3	4
Baby Gem Lettuce *	1	1½	2
Vine Tomato	2	3	4
Lime *	½	¾	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Mango Chutney	1 sachet	1½ sachets	2 sachets
Potato *	1 small pack	1 large pack	2 small packs

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 691G	PER 100G
Energy (kJ/kcal)	3362 / 804	487 / 116
Fat (g)	19	3
Sat. Fat (g)	7	1
Carbohydrate (g)	131	19
Sugars (g)	27	4
Protein (g)	28	4
Salt (g)	2.12	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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