



Plant-Based Cheezeburger

with Caramelised Onion & Fries



Potato



Plant-Based
Burger Patty



Plant-Based
Shredded Cheddar
Cheese



Plant-Based
Burger Bun



Tomato



Brown Onion



Plant-Based
Mayonnaise



Spinach & Rocket
Mix

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

Plant based

You asked, we listened! Plant-based burger patties are officially on the menu, so everyone can have their burger and eat it too. Load yours up with plant-based cheese *and* plant-based mayo, and add some juicy tomato, peppery salad and sweet caramelised onion for good measure.

Pantry items

Olive Oil, Brown Sugar,
Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based burger patty	1 packet	2 packets
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
plant-based burger bun	2	4
tomato	1	2
brown onion	1	2
brown sugar*	½ tbs	1 tbs
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
plant-based mayonnaise	1 medium packet	1 large packet
spinach & rocket mix	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3541kJ (846Cal)	592kJ (141Cal)
Protein (g)	29g	4.8g
Fat, total (g)	47.8g	8g
- saturated (g)	8.6g	1.4g
Carbohydrate (g)	82.9g	13.9g
- sugars (g)	16.3g	13.9g
Sodium (mg)	1625mg	272mg

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

3



Prep the toppings

- While patties are baking, thinly slice **tomato** into rounds and set aside. Thinly slice **brown onion**.
- Return frying pan to a medium heat, with another drizzle of **olive oil**, if needed. Cook **onion**, stirring, until soft, **5 minutes**.
- Add **brown sugar**, **balsamic vinegar** and the **water**. Cook, stirring, until liquid is evaporated and onion is caramelised, **3-5 minutes**.

2



Cook the patties

- When fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat.
- Cook **plant-based burger patties** until almost cooked through, **3 minutes** each side. Transfer to a second lined oven tray.
- Sprinkle **plant-based shredded Cheddar cheese** over each patty.
- Place **plant-based burger buns** on the same tray. Bake until cheese is melted and buns are warmed through, **4-5 minutes**.

4



Serve up

- Slice burger buns in half, then spread base with **plant-based mayonnaise**.
- Top with a plant-based patty, tomato slices, **spinach & rocket mix** and caramelised onion.
- Serve with fries.

Enjoy!

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