

# Crumbed Kumara Burger & Spiced Fries

with Beetroot Relish & Plant-Based Mayo

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Tomato



Panko Breadcrumbs



All-American Spice Blend



Plant-Based Burger Buns



Mixed Salad Leaves



Plant-Based Mayo



Beetroot Relish



Plant-Based Kumara Patty

### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**  
Ready in: **25-35 mins**

 Plant Based

These kumara patties are getting a golden, crunchy makeover with a panko crumb. They will dazzle on the dinner plate when they get dressed up with a bit of beetroot relish and put between two buns. Don't forget to accessorise your burger with a smokey side of spiced fries.

### Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	1 sachet
tomato	1	2
plant-based kumara patty	½ packet	1 packet
panko breadcrumbs	½ packet	1 packet
All-American spice blend	1 sachet	1 sachet
plant-based burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
<b>balsamic vinegar*</b>	drizzle	drizzle
plant-based mayo	1 packet (50g)	1 packet (100g)
beetroot relish	1 packet (50g)	2 packets (100g)

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3402kJ (813Cal)	639kJ (153Cal)
Protein (g)	21g	3.9g
Fat, total (g)	26.1g	4.9g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	118.1g	22.2g
- sugars (g)	31.3g	5.9g
Sodium (mg)	2366mg	444mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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, then place on a lined oven tray. Sprinkle over **Aussie spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

3



## Cook the kumara burger

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- Cook **kumara patties** until browned and heated through, **4-5 minutes** each side.
- Halve **plant-based burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

2



## Get prepped

- Meanwhile, thinly slice **tomato**.
- Season **plant-based kumara patty** (see ingredients) with **salt** and **pepper**.
- Place **panko breadcrumbs** (see ingredients) and **All-American spice blend** in a shallow bowl. Press each side of **kumara patty** into the crumb to coat.

4



## Serve up

- In a medium bowl, combine **mixed salad leaves**, a drizzle of **balsamic vinegar** and olive oil. Season to taste and set aside.
- Spread each burger bun with a layer of **plant-based mayo**, top with crumbed kumara burger, **beetroot relish**, tomato and dressed salad leaves.
- Serve with spiced fries and any remaining plant-based mayo. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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