



# Plant-Based Cheezy Kumara Burger

with Spiced Fries & Burger Sauce

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Tomato



Kumara Burger



Plant-Based Grated Cheese



Plant-Based Burger Buns



Rocket Leaves



Burger Sauce

Hands-on: 15-25 mins  
 Ready in: 30-40 mins

Plant Based

Welcome to a new world of veggie burgers. Instead of a meat patty, you'll fry up a tasty kumara patty and plant-based cheese, then pile it with crispy rocket leaves on a brioche-style bun. With a smear of our special burger sauce and fries on the side, this is a burger for the record books!

### 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 with a lid (or foil)

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	1 sachet
tomato	1	2
kumara burger	½ packet	1 packet
plant-based grated cheese	1 packet (50g)	1 packet (100g)
plant-based burger buns	2	4
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3096kJ (739Cal)	613kJ (146Cal)
Protein (g)	19.1g	3.8g
Fat, total (g)	25.4g	5g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	111.3g	22g
- sugars (g)	24g	4.8g
Sodium (mg)	1761mg	349mg

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. Add **Aussie spice blend**, a pinch of **salt**, a drizzle of **olive oil** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

2



## Get prepped

- While the fries are baking, thinly slice **tomato** into rounds.

3



## Cook the kumara patties

- When the fries have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Cook **kumara burgers** (see ingredients) until golden, **4-5 minutes** each side.
- In the last **1-2 minutes** of cook time, sprinkle **plant-based grated cheese** over **kumara patties** and cover with a lid or foil so the cheese melts.
- Meanwhile, bake **plant-based burger buns** directly on the wire oven rack until heated through, **3-4 minutes**.

4



## Bring it all together

- In a medium bowl, combine **rocket leaves** and a drizzle of **balsamic vinegar** and olive oil. Season to taste.
- Slice buns in half. Spread each bun with a layer of **burger sauce**. Top with a cheezy kumara patty, some tomato and dressed rocket leaves.
- Serve with spiced fries.

Enjoy!