



Truffled Buds burger

with baked sweet potato fries



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large baking tray/s, large frying pan



Pantry items needed: olive oil, vegetable oil, salt



Hands-on: 20 minutes
Ready in: 35 minutes



Serves: 2 or 4

Succulent Buds burger patties on Herman Brot lower carb high protein buns with earthy beetroot, crisp cos lettuce, vegan cheddar, house-made truffle aioli and caramelised onion chutney. Served with a side of baked sweet potato fries. You won't want to go out for burgers ever again!

HIGH PROTEIN

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Sweet potato	350g	700g
Beetroot	115g	230g
Salt*	1 tsp	2 tsp
Olive oil*	1 tbsp	2 tbsp
Vegetable oil*	1 tbsp	2 tbsp
Buds burgers	1 packet	2 packets
Cheddar slices	1 packet	1 packet
Burger buns	1 packet	2 packets
Truffle aioli	1 tub	1 tub
Caramelised onion chutney	1 tub	1 tub
Cos lettuce	10g	20g

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, lupin.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Preheat oven to 210°C and line baking tray/s. Peel and cut **sweet potato** lengthways into ½ cm-thick batons. Peel and grate **beetroot**.

2. Cook fries

In a large bowl, add **sweet potato**, **salt*** and **olive oil*** and toss to coat. Arrange **sweet potato fries** evenly in a single layer, spaced out so they are not touching. Bake for **30 minutes**, flipping over halfway through.

3. Cook burgers

In a large frying pan over medium-high heat, add **vegetable oil***. When hot, add **Buds burgers** and cook until browned, about **4-5 minutes** on each side. Remove from heat, top each **patty** with a **cheese** slice and cover with a lid for **2 minutes** to melt.

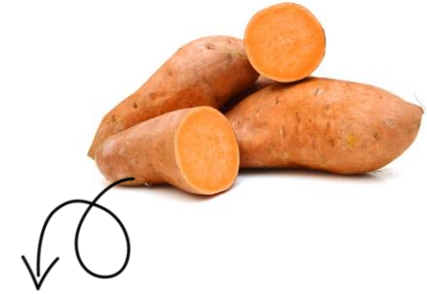
4. Prepare burger buns

Slice **burger buns** in half and place, cut side facing up, directly onto oven rack for **1-2 minutes** to warm. Remove from oven and prepare to serve.

5. Serve

Spread **truffle aioli** on top bun and **caramelised onion chutney** on bottom bun. On bottom half of the **bun**, layer **beetroot**, **burger patties with cheese**, **lettuce** and **burger bun** top. Serve **truffled Buds burgers** on plates with **sweet potato fries**.

Eat your way
to healthy!



Sweet potatoes are high in fibre and in various vitamins and minerals, including vitamins A and C, manganese and potassium.

They have been linked to health benefits such as improved immunity and eye health, and reduced risk of heart disease and certain types of cancer.

Nutritional information*

	Per 385g serve	Per 100g
Energy	4053kJ (970Cal)	1053kJ (252Cal)
Protein	34.6g	9.0g
Fat, total	70.4g	18.3g
- Saturated	30.3g	7.9g
Carbohydrate	80.0g	21.0g
- Sugars	26.0g	7.0g
Sodium	2199mg	571mg

* Nutritional information is based on averages