



Loaded Cheesy Plant-Based Burger and Fries with Caramelised Onion, Burger Sauce and Baby Leaf Salad

21

Sunshine Dining 35-40 Minutes • 1 of your 5 a day • Veggie



Potatoes



Onion



Mature Cheddar
Cheese



Burger Bun



Medium Tomato



Unconventional
Plant-Based Burger



Baby Leaf Mix



Burger Sauce

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Burger Bun 13)	2	3	4
Medium Tomato	1	2	2
Unconventional Plant-Based Burger** 11)	2	3	4
Baby Leaf Mix**	20g	50g	50g
Burger Sauce 8) 9)	30g	45g	60g

Pantry	2P	3P	4P
Sugar*	½ tsp	½ tsp	1 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3059 /731	567 /136
Fat (g)	36.3	6.7
Sat. Fat (g)	58.2	10.8
Carbohydrate (g)	75.3	14.0
Sugars (g)	13.9	2.6
Protein (g)	26.7	5.0
Salt (g)	2.41	0.45

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Time for the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into thin 1cm slices, then chop into thin 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins.



Bring on the Burgers

Halfway through the **fries** cooking time, turn them over and return them to the oven.

Meanwhile, place the **plant-based burgers** onto a separate lightly oiled baking tray.

Bake the **burgers** on the middle shelf until browned, 8-9 mins.



Caramelize the Onion

While the **fries** bake, halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.



Cheese Please

Once the **burgers** have browned, carefully place the **cheese** on top of the **burgers** and add the **buns** to the same tray.

Pop back into the oven until the **cheese** has melted and the **buns** have warmed through, 2-3 mins.

Meanwhile, add the **baby leaves** to the **tomato** bowl and toss together. **TIP:** Don't do this too early or they'll go soggy.



Finish the Prep

Meanwhile, grate the **Cheddar cheese**. Halve the **burger buns**.

Cut the **tomato** into 1cm chunks and pop into a medium bowl. Drizzle with some **olive oil**, season with **salt** and **pepper**, then set aside.

Once the **onions** are golden, add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more, then remove from the heat and set aside.



Stack up and Serve

When everything's ready, transfer the **buns** to your plates. Spread the **burger sauce** over the **bun bases**, then lay on the **cheesy plant-based burgers**.

Top with the **caramelised onions**, then spread the **mayo** (see pantry for amount) over the **bun lids**. Sandwich shut.

Serve your **loaded plant-based burgers** with the **fries** and **salad** alongside.

Enjoy!