



# Plant-Based Harissa Burger with Wedges and Salad

**Classic** 30 Minutes • Medium Spice • 1.5 of your 5 a day • Plant-Based

23



Potatoes



Baby Plum Tomatoes



Baby Gem Lettuce



Spring Onion



Vivera Burgers



Harissa Paste



Plant-Based  
Burger Bun



Red Wine Vinegar

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Large Bowl and Frying Pan.

## Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Baby Gem Lettuce**	1	2	2
Spring Onion**	1	2	2
Vivera Burgers <b>11</b>	2	3	4
Harissa Paste	1 sachet	2 sachets	2 sachets
Plant-Based Burger Bun <b>13</b>	2	3	4
Red Wine Vinegar <b>14</b>	1 sachet	2 sachets	2 sachets
Olive Oil For The Salad*	1 tbsp	2 tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	3044 / 728	553 / 132
Fat (g)	30	5
Sat. Fat (g)	11	2
Carbohydrate (g)	82	15
Sugars (g)	12	2
Protein (g)	29	5
Salt (g)	2.18	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**11** Soya **13** Gluten **14** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Wedge It

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a low sided wide baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Wash Up

While you have time, do any washing up that needs doing.



## Prep Time

Halve the **baby plum tomatoes**, trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Thinly slice the **spring onion**. Pop the **tomato, lettuce** and **spring onion** into a large bowl.



## Toast Your Buns

Halve the **burger buns** as if you were making a sandwich and pop them in the oven to warm through, 2-3 mins. Drizzle the **red wine vinegar** and **olive oil** (see ingredients for amount) onto the **tomato, lettuce** and **spring onion** and season with **salt** and **pepper**. Toss to combine.



## Fry the Burgers

About 10 minutes before the wedges are done, heat a drizzle of **oil** in a large frying pan on a medium-high heat. When hot, add the **Vivera burgers** and cook each side until golden brown, 4-5 mins per side. When cooked, add **half** the **harissa paste** to the pan and turn to coat the **burgers**. Remove from the heat.



## Finish Off

Spread the remaining **harissa paste** between the **burger buns** (use less if you don't like it too spicy) and top with the **burger** and a handful of **salad**. Share the remaining **salad** between your plates and the **wedges** along side.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.