



Froom cheeseburger fries

with pickles and special sauce



Oven-baked, unskinned potatoes - packed with vitamins, minerals and antioxidants - topped with chunks of Froom mushroom burger, house-made cashew-based cheese sauce, mustardy special burger sauce and zingy pickles. Get ready for an unforgettable flavour experience!



Make this dish within 5 days of receiving your meal kit



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



Pantry items needed: olive oil, vegetable oil, plant-based milk, salt



Hands-on: 25 minutes
Ready in: 45 minutes



Serves: 2 or 4

NO ADDED GLUTEN | *Naughty but nice*

Before you start

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

Ingredients

	2 serves	4 serves
Potatoes	640g	1280g
Salt*	1 tsp	16g
Olive oil*	2 tsp	40g
Vegetable oil*	1 tsp	600g
Froom burgers	1 packet	2 packets
Cheeseburger cheese sauce	1 tub	1 tub
Plant-based mik*	65ml	130ml
Tapioca flour	1 packet	1 packet
Pickles	1 tub	1 tub
Special sauce	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: soy, cashew, sulphites.

May contain traces of other allergens.

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

Instructions

1. Cook fries

Preheat oven to 210°C and line baking tray/s. Cut **potatoes** (unpeeled) lengthways into 1cm-thick **fries**. In a large bowl, add the **fries**, **salt*** and **olive oil*** and toss to coat. Arrange **potato fries** onto the tray/s in a single layer, spaced out so they are not touching. Bake for **30 minutes**, flipping over halfway through.

2. Cook burgers

In a large frying pan over medium heat, add **vegetable oil***. When hot, add **BUDS burgers** and cook for **4 minutes** on each side or until well browned. Remove from the heat and set aside to cool.

3. Heat cheese sauce

In a small pot over medium heat, add **cheeseburger cheese sauce**, **plant-based milk*** and **tapioca flour** and whisk until smooth and thickened, about **3 minutes**. Remove from the heat.

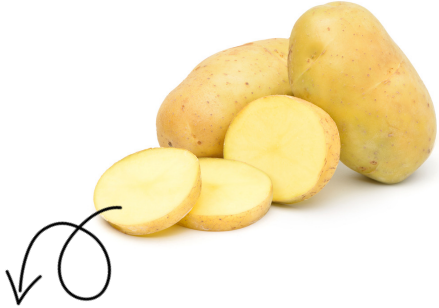
4. Prepare ingredients

Roughly chop **pickles**. Using your hands, crumble **burgers** into rough chunks.

5. Serve

Create the **cheeseburger fries** by placing the **fries** onto plates and topping with **crumbled burgers**, **cheeseburger cheese sauce**, **special sauce** and **pickles**.

Eat your way to healthy!



Potatoes, unskinned, are packed with vitamins, minerals and antioxidants. They are rich in vitamin C and B6, potassium and manganese, and a good source of magnesium, phosphorus and vitamins B3 and B9. They are also a good source of fibre.

Potatoes have been linked to a range of health benefits, including a lower risk of certain cancers and diabetes, better heart and gut health, stronger bones, improved digestive health and weight management and reduced inflammation.

Nutritional information*

	Per 480g serve	Per 100g
Energy	2986kj (714Cal)	622kj (149Cal)
Protein	21.1g	4.4g
Fat, total	29.0g	6.0g
- Saturated	4.1g	0.9g
Carbohydrate	85.0g	18.0g
- Sugars	16.0g	3.0g
Sodium	2686mg	560mg

* Nutritional information is based on averages