



# Truffled Froom burger

with baked sweet potato fries



Froom mushroom-based 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*



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

## 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
Froom 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 the **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 the **vegetable oil\***. When hot, add **Froom burgers** and cook until browned, about **4-5 minutes** on each side. Remove from the heat, top each **patty** with a **cheese** slice and cover with a lid for **2 minutes** to melt.

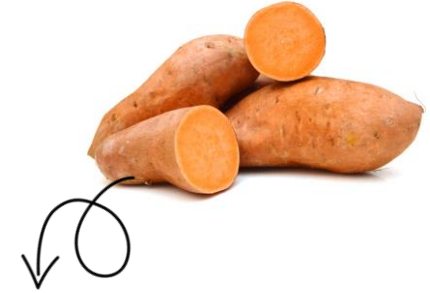
## 4. Prepare burger buns

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

## 5. Serve

Spread **truffle aioli** on top bun and **caramelised onion chutney** on the bottom bun. On the bottom half of the **bun**, layer the **beetroot, burger patties with cheese, lettuce** and **burger bun** top. Serve **Truffled Froom 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	3552kJ (850Cal)	923kJ (221Cal)
Protein	25.6g	6.6g
Fat, total	62.4g	16.2g
- Saturated	28.7g	7.4g
Carbohydrate	78.0g	20.0g
- Sugars	26.0g	7.0g
Sodium	1518mg	394mg

\* Nutritional information is based on averages