



Tropical Forever burger

with pineapple and peri peri mayo



Forever chicken-style patty on a Herman Brot lower-carb, high-protein bun with seared pineapple, crispy lettuce, vegan cheese and peri peri mayo. Served with oven-baked shoestring fries. Get ready for an explosion of bold flavours and the tastiest, juiciest vegan chicken you have ever had!



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray/s, large frying pan



Pantry items needed: vegetable oil, salt



Hands-on: 35 minutes
Ready in: 15 minutes



Serves: 2 or 4

HIGH PROTEIN

Before you start

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

Ingredients

	2 serves	4 serves
Potato	500g	1kg
Vegetable oil for baking*	1 tbsp	2 tbsp
Salt*	¼ tsp	½ tsp
Red onion	50g	100g
Pineapple rings	1 can	1 can
Vegetable oil for frying*	2 tbsp	4 tbsp
Forever burger patties	1 packet	2 packets
Cheddar slices	1 packet	2 packets
Herman Brot lower carb buns	1 packet	2 packets
Peri peri mayo	1 tub	1 tub
Cos lettuce	20g	40g

* 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. Cut fries and bake

Preheat oven to 210°C and line baking tray/s. Cut **potato** (unpeeled) lengthwise into ½cm-thick fries. In a large bowl, add **potato**, **vegetable oil for baking*** and **salt*** and toss to coat. On prepared baking tray/s, arrange the **potato fries** evenly in a single layer, spaced out so they are not touching. Place into the oven and bake for **10 minutes**.

Remove the **fries** from the oven, turn over with a spatula, separate them out again and bake until golden and crispy, about **5-10 minutes**.

2. Prepare other ingredients

Thinly slice **onion** as needed. Drain **pineapple rings** (1 ring per burger).

3. Cook pineapple and burgers

In a large frying pan over medium-high heat, add **vegetable oil for frying***. When hot, add **pineapple rings** and sear for about **1 minute** each side. Remove from the heat and set aside on a paper towel.

In the same pan over medium-high heat, add **Forever burger patties** and cook until browned, about **4 minutes** on each side. Turn off the heat, top the **burgers** with **cheddar slices** and cover with a lid for **2 minutes**.

4. Prepare burger buns

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

5. Serve

Spread **peri peri mayo** evenly between the top and bottom of the **burger buns**. Layer **lettuce**, **burger patty and cheese**, **pineapple** and **onion** between **burger buns**. Serve **Tropical Forever burgers** on plates with **fries**.

Eat your way
to healthy!



Unpeeled potatoes 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 health and gut health, stronger bones, improved digestive health and weight management, and reduced inflammation.

Nutritional information*

	Per 500g serve	Per 100g
Energy	2493kJ (596Cal)	499kJ (119Cal)
Protein	45.5g	9.1g
Fat, total	43.6g	8.7g
- Saturated	10.6g	2.1g
Carbohydrate	48.0g	10.0g
- Sugars	7.0g	1.0g
Sodium	1251mg	250mg

* Nutritional information is based on averages