



Tempeh burgers with slaw

served with crispy, seasoned potato wedges



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray x 2, large non-stick frying pan, large pot, small pot



Pantry items needed: olive oil, tomato ketchup (optional)



Hands-on: 30 minutes
Ready in: 45 minutes



Serves: 2 or 4

Seasoned tempeh burgers with a tangy, marinated slaw, lettuce, mayo with a bold, spicy hot sauce on a high protein Herman Brot bun. Packed with plant-based protein and satisfying texture, this flavour-forward burger delivers the perfect balance of savoury, crunch, and heat in every bite. Served with crispy seasoned potato wedges.

HIGH PROTEIN | Family friendly, Spicy (medium/optional)

Before you start

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

Ingredients

	2 serves	4 serves
Potato	600g	1200g
Olive oil, divided*	2 tbsp	4 tbsp
Wedges seasoning	3g	6g
Cabbage	120g	240g
Slaw dressing	100g	200g
Tomato	150g	300g
Onion	50g	50g
Tempeh burgers	1 unit	2 units
Herman Brot lower carb burger buns	1 unit	2 units
Mayonnaise	90g	180g
Chilli hot sauce (or tomato ketchup*)	60g	120g
Cos lettuce leaves	20g	40g

* Pantry items

Allergens and ingredients

Allergens: gluten, barley, wheat, soy, lupin, sulphites.

May contain traces of other allergens.

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

Instructions

1. Make wedges

Preheat oven to 210°C and line baking tray/s. Slice **potatoes** into 2cm-thick wedges. Add **potatoes** to a large pot and just cover with **water**. Bring to a boil, reduce to a simmer and cook, covered, for **6 minutes**.

Drain and allow to steam dry or, if necessary, pat dry with a kitchen towel. In a bowl, add **potato, olive oil*** (**1 tbsp for 2 serves** and **2 tbsp for 4 serves**) and **wedges seasoning** and gently toss to coat. Add **wedges** to prepared tray/s and bake until golden and crispy, about **25 minutes**. Reduce oven to 180°C.

2. Prepare slaw

Finely slice **cabbage** and add place into a bowl. In a small pot, add **slaw dressing** and bring to a boil. Pour hot **slaw dressing** over **cabbage** and allow to sit until ready to serve.

3. Prepare other ingredients

Slice **tomato**. Finely slice **onion** into rings (**1 ring per burger**).

4. Cook tempeh burgers

In a large non-stick frying pan, over medium heat add **olive oil*** (**1 tbsp for 2 serves** and **2 tbsp for 4 serves**). When hot, add **tempeh** (**1 slice per serve** – tip 1) and cook on each side for **3 minutes** or until browned.

5. Toast buns

Place whole **buns** directly onto the oven rack for **2 minutes** to warm. Slice **buns** in half.

6. Serve

Spread **mayonnaise** onto top and bottom **bun**. Layer **tomato, tempeh burger, hot sauce** (or **tomato ketchup***), **onion, slaw** and **lettuce** and place on top **bun**. Serve **tempeh burger** with **wedges**.

Cooking tip

1. For a more protein-rich burger, slice the remaining tempeh burger in half, cook and add to your burger. Alternatively, save it for adding to a sandwich or salad for lunch.

Eat your way to healthy!



Tempeh is low in carbs and very high in protein. It is also a good source of B vitamins, fibre, iron, calcium and other minerals. Like other soy foods, tempeh has cancer-fighting antioxidant properties.

Evidence suggests tempeh may lower blood pressure and inflammation, improve cholesterol and insulin resistance and promote bone and heart health. As a fermented food, tempeh is rich in probiotics as well as prebiotics, promoting good digestion.

Nutritional information*

	Per 749g serve	Per 100g
Energy	3925kJ (939Cal)	524kJ (125Cal)
Protein	48.6g	6.5g
Fat, total	49.9g	6.7g
- Saturated	4.9g	0.7g
Carbohydrate	61.0g	8.0g
- Sugars	13.1g	1.7g
Sodium	1424mg	190mg

* Nutritional information is based on averages