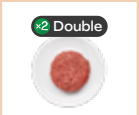




Mushroom-Topped Beyond Meat® Burgers with Spiced Fries

Veggie 30 Minutes












Beyond Meat®
4 | 8

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



-  Beyond Meat®
2 | 4
-  Artisan Bun
2 | 4
-  Mushrooms
113 g | 227 g
-  Russet Potato
2 | 4
-  Vegetable Stock Powder
1 tbsp | 2 tbsp
-  Plant-Based Mayonnaise
4 tbsp | 8 tbsp
-  Baby Spinach
28 g | 56 g
-  Garlic, cloves
2 | 4
-  Green Onion
2 | 4

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Plant-based butter, salt, pepper

Cooking utensils | 2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan

1



Bake fries

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch matchsticks.
- Add **potatoes**, **half the veggie stock powder** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

2



Prep

- Thinly slice **mushrooms**.
- Thinly slice the **green onions**.
- Peel, then mince **garlic**.

3



Cook mushrooms

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **plant-based butter**, then **mushrooms** and **garlic**.
- Cook, stirring often, until **mushrooms** are golden brown, 4-5 min. Sprinkle **remaining veggie stock powder** over top.
- Cook, stirring often, until coated, 1 min.
- Transfer **mushrooms** to a large bowl. Set aside.

4



Cook patties

×2 Double | **Beyond Meat®**

- Reheat the same large non-stick pan over medium-high.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **Beyond Meat® patties**.
- Using the back of a spatula, flatten **patties** until ½-inch thick. Cook until golden-brown, 3-4 min per side.**

5



Toast buns

- Halve **buns**, then arrange them on a unlined baking sheet, cut-side up.
- Toast **buns** in the **bottom** of the oven until golden-brown, 4-5 min. (**TIP:** Keep an eye on buns so they don't burn!)

6



Finish and serve

- Stir together **plant-based mayo** and **green onions** in a small bowl.
- Spread **1 tbsp green onion mayo** on **top buns**.
- Stack **spinach**, **Beyond Meat® patties** and **mushrooms** on **bottom buns**. Close with **top buns**.
- Divide **burgers** and **fries** between plates.
- Serve **remaining green onion mayo** on the side for dipping.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Cook patties

×2 Double | **Beyond Meat®**

If you've opted for double **Beyond Meat® patties**, prepare, cook and plate in the same way the recipe instructs you to prepare and cook the **regular portion of patties**. Work in batches, if necessary. Top **each bottom bun** with **two patties**.

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.