



Cooking Made Easy

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Hearty Veggie Burgers with Tangy Red Cabbage Coleslaw

Until recently Head Chef Patrick thought that his search for the perfect burger was a solitary, carnivorous affair. Until Kelly came along. Kelly is one of our vegetarian chefs and like Patrick, her thoughts are often filled with burger related possibilities. For this recipe, she decided to use the heartiness of kidney beans and lentils, together with the smokiness of paprika to create a delicious, soft-textured burger with a fantastic crispy edge. We recommend keeping a little cheese back at the end to top it off. Delicious!

- 40 min
- veggie
- spicy

- | | | | | | | | | |
|----------------|---------------|---------------|----------------------|--------------------|-----------------------------|--------------|------------------|-------|
| Cider Vinegar | Mayonnaise | Dijon Mustard | Red Cabbage | Maris Piper Potato | Onion | Garlic Clove | Cheddar Cheese | Cumin |
| Smoked Paprika | Chilli Flakes | Lentils | Organic Kidney Beans | Panko Breadcrumbs | Veggie Worcestershire Sauce | Tomato Purée | Demi Brioche Bun | |

Ingredients

	2P	4P
Cider Vinegar 1	3 tbsp	5 tbsp
Mayonnaise 2, 3	1 tbsp	2 tbsp
Dijon Mustard 3	1 tsp	2 tsp
Red Cabbage, sliced	1 cup	2 cups
Maris Piper Potato, chopped	1	2
Onion, diced	½	1
Garlic Clove, diced	1	2
Cheddar Cheese, grated 4	4 tbsp	6 tbsp
Cumin	1 tsp	2 tsp
Smoked Paprika	1 tsp	2 tsp
Chilli Flakes	¼ tsp	½ tsp
Lentils	½ tin	1 tin
Organic Kidney Beans	1 tin	2 tins
Panko Breadcrumbs 5	½ cup	1 cup
Veggie Worcestershire Sauce 6	½ tbsp	1 tbsp
Tomato Purée	1 tbsp	2 tbsp
Demi Brioche Bun 2, 4, 5	2	4

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1)** Sulphites | **2)** Egg
3) Mustard | **4)** Milk
5) Gluten | **6)** Soya

Nutrition per serving: Calories: 787 kcal | Protein: 35 g | Carbs: 111 g | Fat: 16 g | Saturated Fat: 3 g

1



1 In a bowl, whisk together 2 tbsp olive oil, the cider vinegar, mayonnaise and mustard. Season with a pinch of salt and pepper. Slice the cabbage very, very thinly, add to the bowl and mix together. **Tip:** Set aside so it can marinate while you make the burgers.

Add the mashed potato with ¼ tsp salt and some pepper. Use a potato masher or fork to combine and lightly mash together. It should not become a paste, but somewhere in between whole and mashed.

4



2 Boil a pot of water with ¼ tsp salt for your potatoes. Peel the potatoes and cut them into 3 cm pieces. Peel and dice the onion and the garlic. Grate the cheese.

6 Next add in the grated cheese, breadcrumbs, Worcestershire sauce and tomato purée. Now mix in the sautéed onions and garlic. Mix together well until everything is incorporated. Divide the mixture into balls and squeeze it into large burger patties.

5



3 Boil the potatoes for about 10 mins. **Tip:** The potatoes are ready when you can easily slip a knife through them. Drain the potatoes and then mash them thoroughly.

7 After wiping the pan clean add 1 tbsp of olive oil and return to medium heat. Press patties into the pan. Cook on each side for about 7 mins or until a crust has formed. **Tip:** As this burger mix is soft, the crust is necessary to hold the shape of the burger.

6



4 Heat 1 tbsp of oil in a pan on medium-low heat. Cook the onions for 5 mins, until translucent. Add the diced garlic, cumin, paprika and chilli flakes and cook for 2 mins. **Tip:** Use less chilli if you prefer it less spicy.

8 Put the grill on a high heat and toast your buns. **Tip:** Watch they don't burn! Serve the burgers on top of the buns with the coleslaw on the side. Enjoy!

5 In a large mixing bowl add the drained lentils and kidney beans.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!