



# Veggie Korma Bean Burger and Curried Mayo

with Fried Egg, Wedges and Salad

N° 22

**CLASSIC** 30 Minutes • Little Heat • 2 of your 5 a day • Veggie



Potato



Baby Gem Lettuce



Carrot



Kidney Beans



Eggs



Panko Breadcrumbs



Korma Paste



Mayonnaise



Cider Vinegar



Burger Bun

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Peeler, Two Baking Trays, Colander, Potato Masher and Frying Pan.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Baby Gem Lettuce**	1	2	2
Carrot**	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Egg for the Burger Mix 8)**	1	1	2
Panko Breadcrumbs 13)	50g	75g	100g
Korma Paste 9)	1 sachet	1½ sachets	2 sachets
Egg for the Frying 8)**	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Salad*	1 tbsp	1 tbsp	2 tbsp
Burger Bun 8) 11) 13)	2	3	4

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	684g	100g
Energy (kJ/kcal)	3799/908	555/133
Fat (g)	32	5
Sat. Fat (g)	6	1
Carbohydrate (g)	117	17
Sugars (g)	13	2
Protein (g)	36	5
Salt (g)	2.87	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

8) Egg 9) Mustard 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel!). Trim the root from the **baby gem lettuce**, remove 1 leaf per person and set aside (you'll use these for your burger later). Halve the remaining **lettuce** lengthways and thinly slice. Peel and trim the **carrot** then use a vegetable peeler to peel long ribbons from all sides of the length of it. Stop when you get to the centre (and eat as a pre-dinner snack!).



## 4. Fry the Burgers

Heat a drizzle of **oil** in a frying pan on medium high heat. Once the **oil** is hot, carefully lay in the **burgers** and fry until golden, 4-5 mins each side. Keep an eye on them to make sure they don't go too dark. Once the **burgers** are browned, pop them on a baking tray and bake in your oven for the last 10 mins of the wedge cooking time.



## 2. Roast the Wedges

Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.**



## 5. Finish Off

While everything cooks, pop your frying pan back on medium high heat with a drizzle of **oil**. Crack in each **egg** (1 per person) and cook for 4-5 mins, or until the egg white is cooked and the yolk is the firmness you desire. Remove the pan from the heat. Meanwhile, mix the **mayonnaise** with the remaining **korma paste**. Pop the **cider vinegar** in a bowl and add the **olive oil** (see ingredients for amount) and a pinch of **sugar**. Season with **salt** and **pepper** and mix to combine.



## 3. Make the Burgers

Drain and rinse the **kidney beans** in a colander. Pop **half** of them in a bowl along with the **egg(s)** (see ingredient list for the amount), **breadcrumbs** and **two thirds** of the **korma paste**. Season with **salt** and **pepper**. Using a potato masher or fork, mash to combine everything together. Add the remaining **whole beans** to **mixture** and use your hands to mix them in too. Shape the **mixture** into **1 burger** per person approx 2cm thick and the width of the bun. Pop them onto a plate.



## 6. Finish and Serve

Halve the **burger buns** and pop them in the oven to warm for 2-3 mins. Add the **carrot** and sliced **lettuce** to the dressing and toss to coat. Spread the **curry mayo** on both cut sides of the **burger buns**. Pop a **lettuce leaf** on top of the **lower half** of each, add a **burger** then the **fried egg**. Top with the **bun lid**. Serve with the **wedges** and **salad**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.