



PLANT-BASED PROTEIN MESSY JANES

with Pickled Onion, Roasted Potato Wedges & Lime Mayo

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold Potatoes*



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Red Onion



1 | 2
Lime



2 | 4
Brioche Buns
Contains: Eggs, Milk, Soy, Wheat



4 TBSP | 8 TBSP
BBQ Sauce



2 TBSP | 4 TBSP
Ketchup



1 | 2
Mushroom Stock Concentrate



1 TBSP | 1 TBSP
Cornstarch



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



6 oz | 12 oz
Ground Plant-Based Protein
Contains: Soy, Tree Nuts, Wheat



*The ingredient you received may be a different color.

HELLO

PLANT-BASED PROTEIN

Simmered in a BBQ-style sauce for tons of savory, tangy flavor—minus the meat!

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 880



BEST PRESSED

In step 4, we ask you to press the plant-based protein into an even layer before breaking it up. Why? Giving the protein a few undisturbed minutes in the hot pan (sans stirring) will help it to brown and develop crispy, almost caramelized edges.

BUST OUT

- Baking sheet
- 3 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (¼ tsp | ½ tsp)

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*Ground Plant-Based Protein is fully cooked when internal temperature reaches 165°.



1 ROAST POTATOES

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Toss on a baking sheet with a **large drizzle of oil**, **1 tsp Southwest Spice** (2 tsp for 4 servings), **salt**, and **pepper**. (You'll use the rest of the **Southwest Spice** later.)
- Roast on top rack until lightly browned and tender, 20-25 minutes.



4 COOK PROTEIN

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **chopped onion**; cook, stirring, until softened, 4-5 minutes.
- Add **plant-based protein***; season with **salt** and **pepper**. Using a spatula, press into an even layer; cook, undisturbed, until browned on bottom, 3-4 minutes.
- Break up protein into pieces and continue cooking until browned all over and warmed through, 3-4 minutes more.



2 PREP & PICKLE ONION

- While potatoes roast, halve, peel, and very thinly slice ¼ of the **onion**; finely chop remaining. Quarter **lime**. Halve **buns**.
- In a small microwave-safe bowl, combine **sliced onion**, **juice from half the lime**, ¼ tsp **sugar** (½ tsp for 4 servings), and a **pinch of salt**. Microwave until onion is softened, 1 minute. Set aside.



5 FINISH FILLING

- Add **2 TBSP water** (4 TBSP for 4 servings) to pan with **plant-based protein**, then stir in **BBQ sauce mixture**. Cook, stirring, until sauce has thickened, 2-3 minutes. (TIP: If **sauce seems too thick**, add another splash of **water**.) Taste and season with **salt** and **pepper**. Turn off heat.
- Meanwhile, toast **buns** until golden brown.



3 MIX SAUCE & MAYO

- In a second small bowl, combine **BBQ sauce**, **ketchup**, **stock concentrate**, **half the cornstarch** (all for 4 servings), **remaining Southwest Spice**, and **1 TBSP water** (2 TBSP for 4).
- In a third small bowl, combine **mayonnaise** and a **squeeze of lime juice**. Season with **salt**.



6 SERVE

- Divide **buns** between plates; spread cut sides of bottom buns with **lime mayo**. Fill buns with **messy jane filling** and as much **pickled onion** (draining first) as you like. Serve with **potato wedges** on the side and any remaining lime mayo for dipping.