



PLANT-BASED PROTEIN MESSY JANES

with Pickled Onion, Roasted Potato Wedges & Vegan Chipotle Mayo

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
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



1 | 2
Ketchup



1 | 2
Mushroom Stock Concentrate



1 TBSP | 1 TBSP
Cornstarch



2 TBSP | 4 TBSP
Vegan Chipotle Mayo



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



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



6 oz | 12 oz
Asparagus

Calories: 770



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 890



HELLO

PLANT-BASED PROTEIN

Simmered in a BBQ-style sauce for tons of savory, tangy flavor

BEST PRESSED

In Step 4, you'll press the plant-based protein into an even layer, giving it a few undisturbed minutes to brown and get crispy edges before breaking it up.

BUST OUT

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

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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 Blend (2 tsp for 4 servings), salt, and pepper. (You'll use the rest of the Southwest Spice Blend later.)**
- Roast on top rack until lightly browned and tender, 20-25 minutes.

🔄 Swap in **asparagus** for potatoes; roast for 10-12 minutes. (Save potatoes for another use.)



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 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 (use the rest of the lime as you like), 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

- In a second small bowl, combine **BBQ sauce, ketchup, stock concentrate, half the cornstarch (all for 4 servings), remaining Southwest Spice Blend,** and **1 TBSP water (2 TBSP for 4).**



6 SERVE

- Divide **buns** between plates; spread cut sides of bottom buns with **vegan chipotle 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 mayo for dipping.

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