



Plant-Based Harissa Burger with Wedges and Salad

Classic 30 Minutes • Medium Spice • 1.5 of your 5 a day • Plant-Based

23



Potatoes



Baby Plum Tomatoes



Baby Gem Lettuce



Spring Onion



Vivera Plant-Based Burger



Harissa Paste



Plant-Based Burger Bun



Red Wine Vinegar

Before you start

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

Cooking tools, you will need:

Baking Tray, Bowl, Frying Pan, Wooden Spoon.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	2	2
Spring Onion**	1	2	2
Vivera Plant-Based Burger 11 13	2	3	4
Harissa Paste	1 sachet	2 sachets	2 sachets
Plant-Based Burger Bun 13	2	3	4
Red Wine Vinegar 14	1 sachet	1 sachet	2 sachets
Olive Oil for the Salad*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	3044 /728	553 /132
Fat (g)	30	5
Sat. Fat (g)	11	2
Carbohydrate (g)	82	15
Sugars (g)	12	2
Protein (g)	29	5
Salt (g)	2.18	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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Wedge It

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a low sided wide baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out. Once your oven is hot, 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.



Wash Up

While you have time, do any washing up that needs doing.



Prep Time

Halve the baby **plum tomatoes**, trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Trim and thinly slice the **spring onion**. Pop the **tomato**, **lettuce** and **spring onion** into a large bowl.



Finish

Halve the **burger buns** as if you were making a sandwich and pop them in the oven to warm through, 2-3 mins. Drizzle the **red wine vinegar** and **olive oil** (see ingredients for amount) onto the **tomato** and **lettuce** and season with **salt** and **pepper**. Toss to combine.



Burger O'Clock

About 10 minutes before the **wedges** are done, heat a drizzle of **oil** in a large frying pan on a medium-high heat. When hot, add the **Vivera plant-based burgers** and cook each side until golden brown, 4-5 mins per side. When cooked, add **half** of the **harissa paste** to the pan and turn to coat the **burgers**. Remove from the heat.



Finish Off

Spread the remaining **harissa paste** between the **burger buns** (use less if you don't like it too spicy) and top with the **burger** and a handful of **salad**. Share the remaining **salad** between your plates and the **wedges** alongside.

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.