



SEP  
2016

## Portobello Burgers and Sweet Potato Fries

with Tomato Onion Jam and Avocado

Tired of eating the same old veggie burger? Yeah, us too. That's why we've upgraded the dish with a hearty portobello and a tangy tomato onion jam that's a zillion times better than boring ketchup. To make your fries extra crispy, do what our chefs do and preheat the oven with the baking sheet inside. Trust us, it's a game changer.



**Prep:** 10 min  
**Total:** 30 min



level 1



veggie



nut free



dairy free



Portobello  
Mushrooms



Sweet  
Potato



Buns



Roma  
Tomatoes



Red  
Onion



Avocado



Mayonnaise

## Ingredients

	2 People	4 People
Portobello Mushrooms	8 oz	16 oz
Sweet Potatoes	12 oz	24 oz
Buns	1) 2	4
Roma Tomatoes	2	3
Red Onion	1	1
Avocado	1	2
Mayonnaise	2) 3) 2 T	4 T
Olive Oil *	1 T	2 T

\*Not Included

## Allergens

1) Wheat

2) Eggs

3) Soy

## Tools

Peeler, 2 Baking sheets, Medium pan

**Nutrition per person** Calories: 667 cal | Fat: 32g | Sat. Fat: 4g | Protein: 13g | Carbs: 87g | Sugar: 20g | Sodium: 333mg | Fiber: 15g

1



### 1 Prep and roast the sweet potatoes: Wash and dry all produce.

Preheat the oven to 425 degrees. Peel the **sweet potatoes** and cut into ½-inch sticks (like French fries). Toss on one side of a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 25 minutes, tossing once, until golden brown and crispy.

2



### 2 Prep and roast the portobellos: Meanwhile, core, seed, and dice 1 tomato.

Thinly slice the other **tomato**. Halve, peel, and thinly slice the **onion**. Drizzle the **portobellos** with **olive oil**, and season on all sides with **salt** and **pepper**. Place on another baking sheet with the sweet potatoes and bake 10-12 minutes, until tender.

3



### 3 Make the tomato onion jam: Meanwhile, heat a drizzle of olive oil in a medium pan over medium heat. Add the onion and diced tomato.

Cook, stirring often, until jammy, for 10-15 minutes. Add a splash of **water** if the **jam** becomes too thick. Season with **salt** and **pepper**.

4



### 4 Prep the avocado and the buns: While the jam cooks, halve, pit, and thinly slice the avocado. Halve the buns, and place in the oven to toast about 5 minutes.

**5 Assemble the burgers: Spread the buns with mayonnaise and the tomato onion jam. Top with the portobellos, sliced tomato, and a few slices of avocado. Serve with the sweet potato fries on the side. Enjoy!**

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