

# Indian-Style Beyond Burger™

with Creamy Mango Chutney &  
Spicy Cucumber

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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## Ingredients

 2 Beyond Burger™  
Plant-Based Patties

 2 Potato Buns

 2 Tbsps Mango  
Chutney

 1 Persian Cucumber

 1 lb Sweet Potatoes

 1 oz Sliced Pickled  
Jalapeño Pepper

 ½ cup Plain Nonfat  
Greek Yogurt

 2 tsps Vadouvan  
Curry Powder



Serve with Blue Apron  
wine that has this symbol  
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## 1 Prepare & roast the sweet potatoes

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **sweet potatoes** into 1/2-inch-thick rounds; place in a bowl. Drizzle with **olive oil** and season with salt, pepper, and enough of the **curry powder** to coat (you may have extra); stir to thoroughly coat.
- Transfer to a sheet pan; arrange in an even layer.
- Roast 23 to 25 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



## 2 Prepare the remaining ingredients

- Meanwhile, thinly slice the **cucumber** on an angle.
- Roughly chop the **pepper**. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the **sliced cucumber**, a drizzle of **olive oil**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Place **half the yogurt** in a bowl; add a drizzle of **olive oil** and season with salt and pepper. Stir to combine.
- In a separate bowl, combine the **mango chutney** and **remaining yogurt**; stir to combine. Taste, then season with salt and pepper if desired.



## 3 Cook the patties

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **patties**. Cook 3 to 5 minutes per side (flipping carefully, as the oil may splatter), or until browned and cooked through\* (the center will still be red or pink).
- Transfer to a plate.
- Wipe out the pan.



## 4 Toast the buns & serve your dish

- Halve the **buns**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved buns**, cut side down. Toast 30 seconds to 1 minute, or until lightly browned. Transfer to a work surface.
- Assemble the burgers using the **toasted buns**, **cooked patties**, **creamy mango chutney**, and **marinated cucumber** (discarding any liquid).
- Serve the **burgers** with the **roasted sweet potatoes** and **seasoned yogurt** on the side. Enjoy!



\*An instant-read thermometer should register 165°F.

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 740, Total Carbohydrates: 89g, Dietary Fiber: 11g, Added Sugars: 7g, Total Fat: 26g, Saturated Fat: 7g, Protein: 37g, Sodium: 1440mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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