



Quorn Spicy Vegan Buffalo Fillet Burger with Rosemary Fries

Serves: 4

Ingredients:

For the rosemary fries:

2 red skin potatoes
20 sprays 1 calorie vegetable cooking spray
2 sprigs of rosemary, finely chopped
½ tsp garlic granules
Sea salt (optional)

For the spicy ranch mayo:

2 tbsp vegan mayonnaise
1 tsp apple cider vinegar
½ garlic clove, crushed
1 tsp chives, chopped
Tabasco sauce

For the Zingy buffalo green salad:

2 baby courgettes, sliced
25g sugar snap peas, sliced
25g tenderstem broccoli, fine tips only
15g rocket leaves
½ mild red chilli, sliced

For the sandwich:

- 4 Quorn Spicy Buffalo Fillets
- 4 bread buns
- 8 leaves of little gem lettuce
- 4 slices beef tomato
- 8 slices of cucumber, thinly sliced 40g
- 2 tbsp pickled red onion
- 4 sprigs of dill

Method:

For the rosemary fries:

1. Pre heat the oven to 200C (fan)/ 220C /425F/gas mark 7.
2. Slice the potatoes into fries approximately 1 cm thick.
3. Place the cut fries into a bowl and cover with boiling water for 10 minutes.
4. Remove the fries using a slotted spoon and pat dry using kitchen paper.
5. Place the fries on a baking tray lined with baking paper in a single layer.
6. Spray the fries with the low calorie cooking spray and toss to coat.
7. Cook for 30 minutes. Remove and scatter over the chopped rosemary and garlic granules.
Cook for a further 10 minutes.
8. Remove and toss the fries to coat. Season to taste.

For the spicy ranch mayo:

9. Place the vegan mayonnaise, vinegar, garlic and chives into a small bowl. Stir to combine.
10. Add a couple of drops of Tabasco sauce to taste. Set aside.

For the zingy buffalo green salad:

11. Place all of the ingredients into a bowl. Add one teaspoon of the prepared spicy ranch mayo and lightly toss. Place into a serving bowl.

For the sandwich:

12. Cook the Quorn Buffalo Fillets as per pack instruction.

13. To build each sandwich, slice the bread buns in half and place the lettuce on the bottom of the bun.

14. Top with a slice of tomato, Buffalo Fillet, a dollop of spicy ranch mayo, 2 curls of thinly sliced cucumber, a few pickled red onions and finally a sprig of dill.

15. Serve with a zingy buffalo green salad and enjoy.