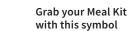


# Mexican-Style Black Bean Fritter Burger with Fries & Smokey Aioli

NEW









Potato



Black Beans







Mexican Fiesta



**Burger Buns** 

Spice Blend



Mixed Salad Leaves



Smokey Aioli





Prep in: 25-35 mins Ready in: 30-40 mins

Here we go, it's another combo that's going make mouths water and stomachs rumble. Our two stars tonight are black bean fritters and a burger, transforming into a fritter burger that deserves a standing ovation!

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
tomato	1	2		
black beans	1 tin	2 tins		
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)		
Mexican Fiesta spice blend 🥖	1 sachet	1 sachet		
plain flour*	⅓ cup	½ cup		
egg*	1	2		
milk*	1 tbs	2 tbs		
burger buns	2	4		
mixed salad leaves	1 small bag	1 medium bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
smokey aioli	1 medium packet	1 large packet		
haloumi/grill cheese**	1 packet	2 packets		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3880kJ (927Cal)	664kJ (159Cal)
Protein (g)	37.8g	6.5g
Fat, total (g)	33g	5.6g
- saturated (g)	10g	1.7g
Carbohydrate (g)	114.7g	19.6g
- sugars (g)	19.2g	3.3g
Sodium (mg)	1353mg	231mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5209kJ (1245Cal)	761kJ (182Cal)
Protein (g)	59.8g	8.7g
Fat, total (g)	58g	8.5g
- saturated (g)	26.6g	3.9g
Carbohydrate (g)	116.5g	17g
- sugars (g)	20.5g	3g
Sodium (mg)	2353mg	344mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





## Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into fries, then place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender,
   20-25 minutes.



# Get prepped

 Meanwhile, thinly slice tomato. Drain and rinse black beans.

**Custom Recipe:** If you've added haloumi, slice haloumi in half crossways to get 1 thin piece per person.



## Prep the fritters

 SPICY! This spice blend is hot. Use less if you're sensitive to heat! In a medium bowl, combine black beans, shredded Cheddar cheese, Mexican Fiesta spice blend, the plain flour, egg, milk and a pinch of salt. Mix well to combine.

**TIP:** Lift out some of the mixture with a spoon. If it's too wet and doesn't hold its shape, add a little more flour!



## Cook the fritters

- Heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- When oil is hot, add heaped tablespoons of fritter mixture in batches and flatten with a spatula (2-3 per person).
- Cook until golden, 3-4 minutes each side (don't flip too early!). Transfer to a paper towel-lined plate.

TIP: Add extra olive oil between batches as needed.

Custom Recipe: Cook haloumi before the fritter mixture. Heat the pan as above and cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate. Continue as above.



# Bake the burger buns

- While the fritters are cooking, halve burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.
- In a large bowl, combine mixed salad leaves and a drizzle of vinegar and olive oil. Season with salt and pepper.



## Serve up

- Spread burger bun bases with **smokey aioli**.
- Top with dressed salad leaves, tomato and Mexican black bean fritters.
- · Serve with fries. Enjoy!

Custom Recipe: Top burger with the haloumi.



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