



# Kidney Bean & Cheddar Fritter Burger

with Oven-Baked Fries & Herby Mayo

NEW



Grab your Meal Kit with this symbol



Potato



Tomato



Red Kidney Beans



Shredded Cheddar Cheese



All-American Spice Blend



Vegetable Stock Powder



Burger Buns



Mixed Salad Leaves



Dill & Parsley Mayonnaise

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

The best part of a fritter burger is that you can stack them high. Use rich kidney beans and Cheddar cheese to create the fritters then add them to golden toasted buns layered in a herby mayo.

### Pantry items

Olive Oil, Plain Flour, Egg, Milk, White Wine Vinegar

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
tomato	1	2
red kidney beans	1 tin	2 tins
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
All-American spice blend	1 sachet	1 sachet
vegetable stock powder	1 medium sachet	1 large sachet
<b>plain flour*</b>	¼ cup	½ cup
<b>egg*</b>	1	2
<b>milk*</b>	1 tbs	2 tbs
burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3862kJ (923Cal)	586kJ (140Cal)
Protein (g)	39.7g	6g
Fat, total (g)	31.1g	4.7g
- saturated (g)	9.4g	1.4g
Carbohydrate (g)	112.9g	17.1g
- sugars (g)	20.6g	3.1g
Sodium (mg)	1852mg	281mg

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](https://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

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## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, 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**.

4



## 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.

2



## Get prepped

- Meanwhile, thinly slice **tomato**. Drain and rinse **red kidney beans**.

5



## Bake the burger buns

- Halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- In a second medium bowl, combine **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.

3



## Prep the fritters

- In a medium bowl, combine **kidney beans**, **shredded Cheddar cheese**, **All-American spice blend**, **vegetable stock powder**, the **plain flour**, **egg** and **milk**. 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!

6



## Serve up

- Spread burger bun bases with **dill & parsley mayonnaise**.
- Top with dressed salad leaves, tomato and kidney bean and Cheddar fritters.
- Serve with potato fries. Enjoy!

## Rate your recipe

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