



Cheesy Fiesta Black Bean Burger

with Fries & Smokey Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Black Beans



Shredded Cheddar Cheese



Mexican Fiesta Spice Blend



Burger Buns



Mixed Salad Leaves



Smokey Aioli



Shredded Cheddar Cheese

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

Here we go, it's another combo that's going to 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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg, Milk, Vinegar (White Wine or Balsamic)

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
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
black beans	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
plain flour*	¼ cup	½ cup
egg*	1	2
milk*	1 tbs	2 tbs
burger buns	2	4
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3869kJ (925Cal)	662kJ (158Cal)
Protein (g)	37.8g	6.5g
Fat, total (g)	32.9g	5.6g
- saturated (g)	10g	1.7g
Carbohydrate (g)	115.1g	19.7g
- sugars (g)	24.2g	4.1g
Sodium (mg)	1354mg	232mg
Dietary Fibre (g)	17.1g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4227kJ (1010Cal)	699kJ (167Cal)
Protein (g)	42.4g	7g
Fat, total (g)	40.4g	6.7g
- saturated (g)	14.5g	2.4g
Carbohydrate (g)	115.1g	19g
- sugars (g)	24.2g	4g
Sodium (mg)	1492mg	247mg
Dietary fibre	17.1g	2.8g

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

2024 | CW19



1



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**.

Custom Recipe: If you've doubled your shredded Cheddar cheese, remove fries from oven when they have 5 minutes remaining. Sprinkle over half the Cheddar cheese, then return to oven and bake until golden and crispy.

4



Cook the patties

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **bean patties** until browned, **4-5 minutes** each side.
- 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 **black beans**.

5



Bake the burger buns

- While the patties 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**.

3



Prep the patties

- In a medium bowl, place **black beans** and lightly mash with a fork.
- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **shredded Cheddar cheese**, **Mexican Fiesta spice blend**, the **plain flour**, **egg**, **milk** and a pinch of **salt**. Mix well to combine.
- Using damp hands, shape the **mixture** into 2cm-thick patties (1 per person).

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!

Custom Recipe: Add remaining shredded Cheddar cheese to black beans.

6



Serve up

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

Rate your recipe

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