



Louisiana Black Bean & Cheddar Burger

with Potato Wedges & Sweet Chilli Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Black Beans



Sweet Chilli Sauce



Garlic Aioli



Shredded Cheddar Cheese



Louisiana Spice Blend



Burger Buns



Mixed Salad Leaves



Mayonnaise



Chicken Breast

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

Eat Me Early*
**Custom Recipe only*

We can bet you've never had fritters quite like this before. With a cheesy black bean patty, soft, brioche-style buns and a smear of sweet chilli aioli, plus potato wedges, this dish is a real treat.

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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 |
| sweet chilli sauce | 1 small packet | 1 medium packet |
| garlic aioli | 1 medium packet | 1 large packet |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| Louisiana spice blend | 1 sachet | 2 sachets |
| 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 |
| mayonnaise | 1 medium packet | 1 large packet |
| chicken breast** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|------------------|----------------|
| Energy (kJ) | 4213kJ (1007Cal) | 677kJ (162Cal) |
| Protein (g) | 38.5g | 6.2g |
| Fat, total (g) | 38.8g | 6.2g |
| - saturated (g) | 11g | 1.8g |
| Carbohydrate (g) | 121.7g | 19.6g |
| - sugars (g) | 30g | 4.8g |
| Sodium (mg) | 1791mg | 288mg |
| Dietary Fibre (g) | 17.7g | 2.8g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4985kJ (1191Cal) | 623kJ (149Cal) |
| Protein (g) | 77.4g | 9.7g |
| Fat, total (g) | 42g | 5.3g |
| - saturated (g) | 12g | 1.5g |
| Carbohydrate (g) | 122.7g | 15.3g |
| - sugars (g) | 30.1g | 3.8g |
| Sodium (mg) | 1926mg | 241mg |
| Dietary fibre | 17.7g | 2.2g |

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.



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide wedges between two trays.



Cook the patties

- 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 **pattie 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: Before cooking patties, heat frying pan as above with a drizzle of olive oil. Cook chicken steaks until cooked through (when no longer pink inside), 3-5 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate and cover to keep warm. Continue with recipe as above.



Get prepped

- Meanwhile, thinly slice **tomato**. Drain and rinse **black beans**.
- In a small bowl, combine **sweet chilli sauce** and **garlic aioli**.

Custom Recipe: If you've added chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks.



Bake the burger buns

- 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.



Prep the patties

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **black beans**, **shredded Cheddar cheese**, **Louisiana spice blend**, the **plain flour**, **egg** and **milk**.

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!



Serve up

- Spread burger bun bases with sweet chilli aioli sauce.
- Top with dressed salad leaves, Louisiana black bean patties and tomato.
- Serve with potato wedges and **mayonnaise**. Enjoy!

Custom Recipe: Top with mixed salad leaves, tomato, chicken and Louisiana black bean patties.

We're here to help!

Scan here if you have any questions or concerns

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