



All-American Black Bean & Cheddar Burger

with Potato Wedges & Sweet Chilli Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Potato



Tomato



Black Beans



Sweet Chilli Sauce



Garlic Aioli



Shredded Cheddar Cheese



All-American Spice Blend



Burger Buns



Mixed Salad Leaves



Mayonnaise



Chicken Breast



Haloumi/Cheese

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

We can bet you've never had a veggie burger 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.

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 handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
All-American 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

*Pantry Items

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

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 | CW25



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**.



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.



Get prepped

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



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**, **All-American spice blend**, the **plain flour**, **egg** and **milk**. Mix well to combine.

TIP: Lift out some 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 mixed salad leaves, All-American black bean patties and tomato.
- Serve with potato wedges and **mayonnaise**. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST
Cut horizontally into steaks. Cook for 3-6 minutes each side.

+ ADD HALOUMI/GRILL CHEESE
Slice haloumi horizontally into slices. Cook until golden brown, 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

