



# Cheesy Fiesta Black Bean Burger

with Fries & Smokey Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Potato



Tomato



Black Beans



Shredded Cheddar Cheese



Mexican Fiesta Spice Blend



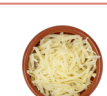
Burger Buns



Mixed Salad Leaves



Smokey Aioli



Cheddar Cheese



Halloumi/ Grill 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!

### 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
<b>olive oil*</b>	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
<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 packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3504kJ (837Cal)	599kJ (143Cal)
Protein (g)	35g	6g
Fat, total (g)	31.8g	5.4g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	100.2g	17.1g
- sugars (g)	24.2g	4.1g
Sodium (mg)	1342mg	230mg
Dietary Fibre (g)	12.3g	2.1g

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.

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**.

**TIP:** If your tray is crowded, divide the fries between two trays!

2



## Get prepped

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

3



## Prep the patties

- In a medium bowl, place **black beans** and lightly mash with a fork.
- **SPICY!** This spice blend is hot! Add 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!

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.

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**.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS

**+** **DOUBLE CHEDDAR CHEESE**  
Follow method above.

**+** **ADD HALLOUMI/GRILL CHEESE**  
Pat dry and slice. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side. Add to burger to serve.

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

