

All-American Bean & Cheddar Burger

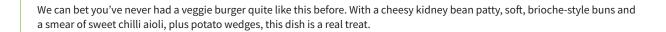
with Potato Wedges & Sweet Chilli Aioli

CLIMATE SUPERSTAR



Prep in: 25-35 mins Ready in: 30-50 mins

Calorie Smart





Grab your meal kit with this number





Tomato

Red Kidney Beans



Sweet Chilli

Sauce

Garlic Aioli

Shredded Cheddar Cheese



Cornflour



Burger Buns

Mixed Salad Leaves



Mayonnaise





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

U		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
red kidney beans	1 packet	2 packets
sweet chilli sauce	½ packet	1 packet
garlic aioli	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
cornflour	1 packet	2 packets
plain flour*	1⁄4 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)	2628kJ (628Cal)	399kJ (95Cal)
Protein (g)	32g	4.9g
Fat, total (g)	15.3g	2.3g
- saturated (g)	8.8g	1.3g
Carbohydrate (g)	83g	12.6g
- sugars (g)	23.6g	3.6g
Sodium (mg)	2471mg	375mg
Dietary Fibre (g)	20.5g	3.1g

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 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.

Cook the fritters

Heat a large frying pan over medium-high heat

with enough olive oil to coat the base.

Transfer to a paper towel-lined plate.

• 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!).

TIP: Add extra olive oil between batches as needed.

- Place wedges on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.



Get prepped

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



Prep the fritters

• **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine red kidney beans, shredded Cheddar cheese, All-American spice blend, cornflour, 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!



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.



Finish & serve

- · Spread burger bun bases with sweet chilli aioli sauce.
- Top with mixed salad leaves, All-American bean patties and tomato.
- Serve with potato wedges and mayonnaise. Enjoy!

We're here to help! Scan here if you have any questions or concerns 2025 | CW03

CUSTOM **OPTIONS**

ADD CHICKEN BREAST

ADD HALLOUMI/GRILL CHEESE

Cut into 1cm-thick slices. Cook with a drizzle of olive oil 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.



Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.