



Black Bean & Plant-Based Cheese Fritters

with Fries & Plant-Based Aioli

Grab your Meal Kit with this symbol



Potato



Herbs



Spring Onion



Radish



Apple



Black Beans



Mexican Fiesta Spice Blend



Salad Leaves



Plant-Based Aioli

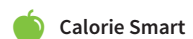


Plant-Based Grated Cheese

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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



If you love fritters but want them veggie, then we present to you these black bean-packed fritters with a bunch of veggies. They become irresistible when dipped in a plant-based aioli and cooked with a plant-based cheese.

Pantry items

Olive Oil, Plain Flour, Plant-Based Milk, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
herbs	1 bag	1 bag
spring onion	1 stem	2 stems
radish	2	4
apple	1	2
black beans	1 tin	2 tins
plant-based grated cheese	1 packet (50g)	1 packet (100g)
Mexican Fiesta spice blend	1 sachet	1 sachet
plain flour*	¼ cup	½ cup
plant-based milk*	2 tbs	¼ cup
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
plant-based aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2525kJ (603Cal)	418kJ (100Cal)
Protein (g)	22.6g	3.7g
Fat, total (g)	17.1g	2.8g
- saturated (g)	5.8g	1g
Carbohydrate (g)	81.7g	13.5g
- sugars (g)	20.6g	3.4g
Sodium (mg)	1385mg	229mg

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.

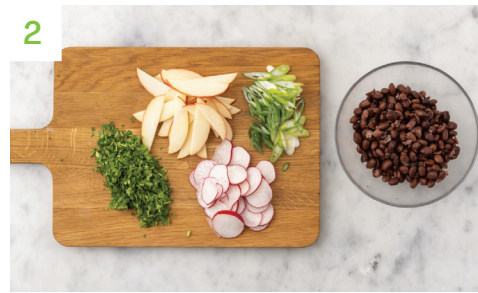
1



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. Bake until tender, **20-25 minutes**.

2



Get prepped

- Meanwhile, roughly chop **herbs**.
- Thinly slice **spring onion**, **radish** and **apple**.
- Drain **black beans**, reserving the liquid, then rinse beans thoroughly.

3



Make the fritters

- **SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat.
- In a medium bowl, combine **black beans**, **plant-based grated cheese**, **Mexican Fiesta spice blend**, **herbs**, **spring onion**, the **plain flour**, **plant-based milk**, some reserved **bean liquid** (3 tbs for 2 people / 1/4 cup for 4 people) and a pinch of **salt**. 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!

4



Cook the fritters

- 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 **fritter mixture** in batches and flatten with a spatula (3-4 per person). Cook until golden, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra olive oil between batches as needed. Don't flip before the time is up to ensure your fritters can set.

5



Toss the salad

- Meanwhile, combine **salad leaves**, **apple**, **radish** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season with **salt** and **pepper**.

6



Serve up

- Divide black bean and plant-based cheese fritters, fries and salad between plates.
- Serve with **plant-based aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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