



Louisiana Cheesy Black Bean Fritter Burger

with Potato Wedges & Sweet Chilli Aioli

Grab your Meal Kit with this symbol



Potato



Tomato



Black Beans



Sweet Chilli Sauce



Garlic Aioli



Louisiana Spice Blend



Burger Buns



Mixed Salad Leaves



Mayonnaise



Shredded Cheddar Cheese

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

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.

Pantry items

Olive Oil, Plain Flour, Egg, 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
tomato	1	2
black beans	1 tin	2 tins
sweet chilli sauce	1 packet (25g)	1 packet (50g)
garlic aioli	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
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 bag	1 medium bag
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3966kJ (948Cal)	635kJ (152Cal)
Protein (g)	34.3g	5.5g
Fat, total (g)	40.7g	6.5g
- saturated (g)	11g	1.8g
Carbohydrate (g)	106.6g	17.1g
- sugars (g)	24.5g	3.9g
Sodium (mg)	1895mg	303mg

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 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 between two trays.

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 (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.

2



Get prepped

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

3



Prep the fritters

- **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**. 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!

5



Bake the burger buns

- Meanwhile, 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 **white wine vinegar** and **olive oil**. Season.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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