

# Kidney Bean Patties & Japanese Slaw

with Sesame Wedges & Soy Mayo

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Sesame Seeds



Red Kidney Beans



Carrot



Pear



Onion Chutney



Fine Breadcrumbs



Shredded Cheddar Cheese



Garlic & Herb Seasoning



Shredded Cabbage Mix



Japanese Style Dressing



Mayonnaise



Diced Bacon

Prep in: 25-35mins  
Ready in: 35-45 mins

These super-satisfying veggie patties are packed full of flavour and they're perfect for a easy mid-week meal. The secret ingredient is our famous caramelised onion chutney which balances out the rich, savoury flavour of the kidney beans. Bring it all together with a fresh Japanese slaw, hearty sesame wedges and a dollop of soy mayo.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg, Plain Flour, Soy Sauce

## Before you start

Wash your hands and any fresh food.

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
sesame seeds	1 medium packet	1 large packet
red kidney beans	1 packet	2 packets
carrot	1	2
pear	1	2
onion chutney	1 packet (40g)	2 packets (80g)
<b>egg*</b>	1	2
<b>plain flour*</b>	2 tbs	¼ cup
fine breadcrumbs	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
shredded cabbage mix	1 medium bag	1 large bag
Japanese style dressing	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
<b>soy sauce*</b>	drizzle	drizzle
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3268kJ (781Cal)	439kJ (105Cal)
Protein (g)	31.7g	4.3g
Fat, total (g)	30.9g	4.2g
- saturated (g)	6.9g	0.9g
Carbohydrate (g)	84.1g	11.3g
- sugars (g)	28.3g	3.8g
Sodium (mg)	1517mg	204mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3656kJ (874Cal)	463kJ (111Cal)
Protein (g)	38.6g	4.9g
Fat, total (g)	37.6g	4.8g
- saturated (g)	9.4g	1.2g
Carbohydrate (g)	84.8g	10.7g
- sugars (g)	28.8g	3.7g
Sodium (mg)	1948mg	247mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



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## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Season with **salt**, drizzle with **olive oil**, sprinkle over **sesame seeds** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the wedges between two trays.

2



## Get prepped

- Meanwhile, drain and rinse **red kidney beans**.
- Grate **carrot**.
- Thinly slice **pear**, then transfer to a medium bowl.

**Custom Recipe:** If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Add diced bacon and cook, breaking bacon up with a spoon, until golden, 4-5 minutes.

3



## Make the bean patties

- In a second medium bowl, add **red kidney beans**, **onion chutney** and the **egg**. Mash with a potato masher until the **red kidney beans** are broken up.
- Add grated **carrot**, the **plain flour**, **fine breadcrumbs**, **shredded Cheddar cheese**, **garlic & herb seasoning** and a pinch of **salt** and **pepper**. Combine until the mixture is sticking together.
- Using damp hands, form heaped spoonfuls of the **mixture** into balls, flattening each ball into a 1cm-thick patty. You should get 4-5 patties per person.

**TIP:** Add a little more flour if the mixture is too wet.

**Custom Recipe:** Add the cooked bacon to the patty mixture.

4



## Cook the patties

- Heat enough **olive oil** to coat the base of a large frying pan over medium-high heat.
- When the oil is hot, cook **patties** until golden, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Don't flip before the time is up to ensure your patties can set.

**TIP:** Add more oil if needed to prevent sticking.

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## Toss the slaw & prep the mayo

- While the patties are cooking, to the bowl with the **pear**, add **shredded cabbage mix**, **Japanese style dressing** and a drizzle of **olive oil**. Toss to coat and season to taste.
- In a small bowl, combine **mayonnaise** with a drizzle of the **soy sauce**.

6



## Serve up

- Divide kidney bean patties, sesame wedges and Japanese slaw between plates.
- Serve with soy mayo. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)