



# Mexican-Spiced Bean Patties

with Coriander, Fries & Plant-Based Aioli

Grab your Meal Kit with this symbol



Potato



Black Beans



Spring Onion



Coriander



Mexican Fiesta Spice Blend



Tomato



Cucumber



Mixed Salad Leaves



Plant-Based Shredded Cheddar Cheese



Plant-Based Aioli

Prep in: 20-30 mins  
Ready in: 30-40 mins



Plant Based



Calorie Smart

Thanks to our Mexican Fiesta spice blend, a dose of fresh herbs and a healthy sprinkle of plant-based Cheddar, these hearty patties definitely don't fall short on flavour. So skip the veggie patties and fries from the freezer aisle and give this surprisingly simple recipe a go!

### Pantry items

Olive Oil, Plain Flour (or Gluten-Free 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
black beans	1 tin	2 tins
spring onion	1 stem	2 stems
coriander	1 bag	1 bag
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
<b>plain flour*</b> (or gluten-free plain flour)	¼ cup	½ cup
<b>plant-based milk*</b>	2 tbs	¼ cup
tomato	1	2
cucumber	1	2
<b>white wine vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
plant-based aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2197kJ (525Cal)	389kJ (93Cal)
Protein (g)	18g	3.2g
Fat, total (g)	23.9g	4.2g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	65.8g	11.6g
- sugars (g)	9.8g	1.7g
Sodium (mg)	1587mg	281mg

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.

1

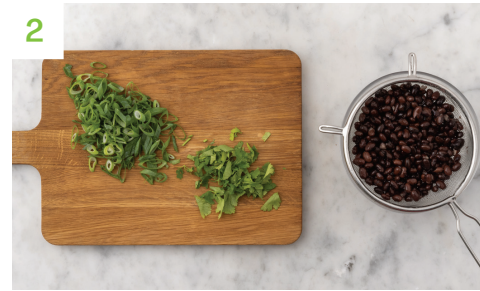


## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** 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 the fries between two trays.

2



## Get prepped

- Meanwhile, drain **black beans**, reserving the **liquid**, then rinse **beans** thoroughly and lightly mash.
- Thinly slice **spring onion** and **coriander**.

3



## Make the patties

- **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 shredded Cheddar cheese**, **Mexican Fiesta spice blend**, **coriander**, **spring onion**, the **plain flour**, the **plant-based milk** and some reserved **bean liquid** (3 tbs for 2 people / 6 tbs for 4 people). Mix well to combine.
- Using damp hands, roll the **mixture** into small balls, then flatten into 1cm-thick patties (3-4 per person). Transfer to a plate.

**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



## Make the salad

- Slice **tomato** into wedges. Roughly chop **cucumber**.
- In a second medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Top with **mixed salad leaves**, **tomato** and **cucumber**. Set aside.

**TIP:** Toss the salad just before serving to keep the leaves crisp.

5



## Cook the patties

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

**TIP:** Add extra oil between batches if needed to prevent the patties from sticking to the pan!

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

6



## Serve up

- Toss the salad.
- Divide Mexican-spiced bean patties, 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



2022 | CW40

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