



# SOUTHWESTERN BLACK BEAN CAKES

with Avocado Salsa and Arugula



**HELLO**

**BLACK BEAN CAKES**

Protein-packing black beans are made into chunky patties that get crisp in the pan.

**PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 580**

-  Black Beans
-  Corn on the Cob
-  Lime
-  Avocado
-  Cayenne Pepper
-  Arugula
-  Sour Cream  
(Contains: Milk)
-  Red Onion
-  Roma Tomato
-  Jalapeño
-  Cumin
-  Panko Breadcrumbs  
(Contains: Wheat)
-  Balsamic Vinegar

## START STRONG

Really try to mash the bean mixture as much as possible. After you've made them into cakes, the extra effort will help them keep their shape.

## BUST OUT

- 2 Medium bowls
- Large pan
- Large bowl
- Potato masher
- Plate
- Paper towel
- Olive oil (1 TBSP | 2 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

- |  |                 |
|--|-----------------|
| • Black Beans  | 1 Box   2 Boxes |
| • Red Onion  | 1   2           |
| • Corn on the Cob  | 1 Ear   2 Ears  |
| • Roma Tomato  | 1   2           |
| • Lime   | 1   2           |
| • Jalapeño        | 1   2           |
| • Avocado  | 1   2           |
| • Cumin  | 1 tsp   1 tsp   |
| • Cayenne Pepper  | 1 tsp   1 tsp   |
| • Panko Breadcrumbs  | ¼ Cup   ½ Cup   |
| • Arugula  | 2 oz   4 oz     |
| • Balsamic Vinegar   | 1 TBSP   2 TBSP |
| • Sour Cream   | 4 TBSP   8 TBSP |

## HELLO WINE



PAIR WITH  
Chulengo Chilean  
Cabernet Reserva, 2015

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## 1 PREP

Wash and dry all produce. Drain and rinse **black beans**. Halve, peel, and dice **onion**. Cut **corn kernels** from cob. Core, seed, and dice **tomato**. Halve **lime**; cut one half into wedges. Mince **jalapeño**, removing ribs and seeds for less heat.



## 4 SHAPE BEAN CAKES

Transfer **bean mixture** to a large bowl. Mash with a potato masher or fork until mostly smooth. Stir in **3 TBSP panko** (we sent more). Season with **salt** and **pepper**. Place remaining panko on a plate or in a wide, shallow bowl. Shape bean mixture into 2-inch-wide patties and press into panko to adhere.



## 2 MAKE AVOCADO SALSA

Halve, pit, and scoop flesh from **avocado**, then cut into ½-inch cubes. In a medium bowl, toss together avocado, 2 TBSP of the **onion**, a quarter of the **tomato**, and up to half the **jalapeño** (use less to taste). Stir in a squeeze of **lime**. Season with **salt** and **pepper**.



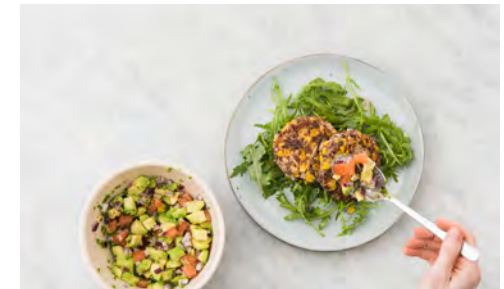
## 5 COOK BEAN CAKES

Wipe out same pan with a paper towel, then heat a drizzle of **olive oil** in it over medium heat. Add **bean cakes** to pan. Cook until browned on surface, 2-3 minutes per side. Season with **salt** and **pepper**.



## 3 MAKE BEAN MIXTURE

Heat a drizzle of **olive oil** in a large pan over medium heat. Add remaining **onion** and **jalapeño** (to taste). Cook, tossing, until softened, 2-3 minutes. Stir in **corn**, **black beans**, **cumin**, and remaining **tomato**. Add a pinch of **cayenne pepper** (to taste). Cook, tossing, until tomato has softened, 4-6 minutes. Season with **salt** and **pepper**.



## 6 TOSS SALAD AND PLATE

In a medium bowl, toss **arugula**, a drizzle of **olive oil**, and **1 TBSP balsamic vinegar** (we sent more). Season with **salt** and **pepper**. Divide **arugula** between plates, then top with **bean cakes**. Scatter **avocado salsa** on top and dollop with **sour cream**. Serve with **lime wedges** on the side for squeezing over.

## HOT CAKES!

Hearty, filling bean patties meet a breezy salsa and salad.

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