



Cooking Made Easy

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Smoky Black Bean Cakes with Avocado Salsa & Tangy Mixed Greens Salad



Sweet corn and creamy black beans form the base of these smoky, faintly spicy cakes. A crispy outside and soft inside give them the perfect textural contrast. Essentially a deconstructed guacamole, this avocado salsa has been deemed the king of all salsas. Enjoy!

45 min

level 2

nut free

veggie



Black Beans



Red Onion



Jalapeño



Corn on the Cob



Roma Tomato



Avocado



Panko



Mixed Greens



Sour Cream



Cumin



Cayenne



Balsamic Vinegar



Lime

Ingredients	2 People	4 People
Black Beans	1 can	2 cans
Red Onion	1	2
Corn on the Cob	1	2
Roma Tomato	1	2
Avocado	1	2
Cayenne	1 t	2 t
Cumin	1 t	2 t
Balsamic Vinegar	1 T	2 T
Sour Cream	1) 2 T	4 T
Lime	1	2
Mixed Greens	4 oz	8 oz
Jalapeño	1	2
Panko	2) ¼ C	½ C
Olive Oil*	2 T	4 T

*Not Included

Allergens

- 1) Milk
- 2) Wheat

Tools

Strainer, Large Pan, Small Bowl, Medium Bowl

Ruler

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Nutrition per person Calories: 562 cal | Carbs: 71 g | Fat: 29 g | Protein: 20 g | Fiber: 21 g



2

1 Drain and rinse the **black beans**. Halve, peel, and finely dice the **red onion**. Using a knife, remove the **corn kernels** from the cob. Core, seed, and dice the **tomato**. Halve the **lime**, then cut the other half into wedges. Mince the **jalapeño**, removing the seeds if you prefer less heat.



3

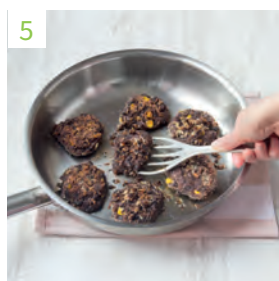
2 Heat ½ tablespoon **olive oil** in a large pan over medium heat. Add ¾ the **diced onion** and ¾ the **jalapeño** and cook, tossing, for 4-5 minutes, until softened. Add the **corn, black beans, cumin**, and as much **cayenne** as you like to the pan (we used ¼ teaspoon). Cook, tossing, another 6-7 minutes, until corn is slightly blistered and beans have softened.

3 Meanwhile make the **avocado salsa**: halve, pit, and peel the **avocado**, then cut into cubes. In a small bowl, toss together the **avocado, remaining diced tomato, remaining onion, remaining jalapeño**, and the juice of half the **lime**. Season with **salt** and **pepper**.



4

4 Make the **black bean cakes**: Place the **black bean mixture** into a medium bowl and mash with a fork or potato masher until nearly smooth. Stir in **half the panko**. Set **remaining panko** in a small bowl. Form the **black bean mixture** into small patties and coat with **remaining panko**.



5

5 Wipe out the same pan you cooked the black bean mixture in. Then, heat ½ tablespoon **olive oil** over medium heat. Add the **black bean cakes** and cook 2-3 minutes per side, until golden brown.

6 Make the **mixed greens salad**: toss the **mixed greens** with 1 tablespoon **balsamic vinegar** and 1 tablespoon **olive oil**. Season with **salt** and **pepper**.

7 Plate the **mixed greens salad** and top with the **black bean cakes, avocado salsa**, and a dollop of **sour cream**. Serve with **lime wedges** to the side.