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Smoky Black Bean Cakes

with Avocado Salsa and Tangy Arugula 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



Black Beans



Red Onion



Jalapeño



Corn



Roma Tomato



Avocado



Panko



Sour Cream



Arugula



Cumin



Cayenne Pepper





Balsamic Vinegar



Lime

Ingredients

	2 People	4 People
Black Beans	1 box	2 boxes
Red Onion	1	2
Jalapeño 	1	2
Corn	1 ear	2 ears
Roma Tomato	1	2
Avocado	1	2
Panko 1) 2)	¼ C	½ C
Sour Cream 3)	4 T	8 T
Arugula	2 oz	4 oz
Cumin	½ t	1 t
Cayenne Pepper 	1 t	1 t
Balsamic Vinegar	1 T	2 T
Lime	1	2
Olive Oil*	4 t	8 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Strainer, Large Pan, 2 Small Bowls, 2 Medium Bowls

Nutrition per person Calories: 594 cal | Fat: 27 g | Sat. Fat: 6 g | Protein: 22 g | Carbs: 62 g | Sugar: 11 g | Sodium: 259 mg | Fiber: 27 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

2



1 Prep the ingredients: Wash and dry all produce. Drain and rinse the **black beans**. Halve, peel, and finely dice the **red onion**. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat. Using a knife, remove the **corn kernels** from the cob. Core, seed, and dice the **tomato**. Halve the **lime**, cut one half into wedges.

3



2 Cook the vegetables: Heat a drizzle of **olive oil** in a large pan over medium heat. Add ¾ of the diced **onion** and up to half the **jalapeño** (to taste!) and cook, tossing for 4-5 minutes, until softened. Add the **corn**, **black beans**, ½ **teaspoon cumin**, and a small pinch of **cayenne** (to taste!) to the pan. Cook, tossing for another 6-7 minutes, until the corn is slightly blistered and the beans have softened.

4



3 Make the avocado salsa: Meanwhile, halve, pit, and peel the **avocado**, then cut it into small cubes. In a small bowl, toss together the **avocado**, **tomato**, **remaining onion**, a pinch of **jalapeño** (to taste), and the juice of half the **lime**. Season to taste with **salt** and **pepper**.

5



4 Form 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**. Place the remaining panko into a small bowl. Form the **black bean mixture** into 2-inch patties and coat with the remaining panko.

5 Cook the black bean cakes: Wipe out the same pan and heat a large drizzle of **oil** over medium heat. Add the **black bean cakes** and cook for 2-3 minutes per side, until golden brown.

6 Plate and serve: Toss the **arugula** with a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**. Plate the arugula and top with the **smoky black bean cakes**, **avocado salsa**, and a dollop of **sour cream**. Serve with the **lime wedges** to the side.