



CANNELLINI BEAN VEGGIE BURGER

with Sriracha Mayo

VEGGIE



HELLO

CANNELLINI BEANS

Learn how to turn these buttery beans into delicious, savoury burger patties!

TIME: 35 MIN



Cannellini Beans



Spring Mix



Mayonnaise



Cumin



Mini Cucumber



Chickpea Flour



Hummus



Brioche Buns



Garlic



Sriracha



Parsley



Red Wine Vinegar

BUST OUT

- Large Bowl
- Whisk
- Medium Bowl
- Spatula
- Baking Sheet
- Small Bowl
- Sugar (½ tsp | 1 tsp)
- Measuring Spoons
- Strainer
- Potato Masher
- Garlic Press
- Large Non-Stick Pan
- Salt and Pepper
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Cannellini Beans 1 can | 2 can
- Spring Mix 56 g | 113 g
- Mayonnaise 3,6,9 4 tbsp | 8 tbsp
- Cumin 1 ½ tsp | 3 tsp
- Mini Cucumber 132 g | 264 g
- Chickpea Flour 4 tbsp | 8 tbsp
- Hummus 8 2 tbsp | 4 tbsp
- Brioche Buns 1,2,3 4 | 8
- Garlic 3 g | 6 g
- Sriracha 9 🌶️ 1 tsp | 2 tsp
- Parsley 7 g | 14 g
- Red Wine Vinegar 9 2 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to toast buns). Start prepping when the oven comes up to temperature! In Step 5, use this heat guide to determine what spice level you prefer (dbl each measurement for 4 ppl): **¼ tsp** mild, **½ tsp** medium and **1 tsp** spicy!



1 PREP
Wash and dry all produce.* Peel, then mince or grate **garlic**. Drain and rinse **beans**. Roughly chop **parsley**. Cut **cucumber** into ¼-inch rounds, then season with **salt** and **pepper**. In a medium bowl, add **beans**. Using a masher, coarsely mash **beans**, until nearly smooth.



4 MAKE SALAD
In a large bowl, whisk together **1 tbsp vinegar** (dbl for 4 ppl), **½ tsp sugar** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Add **spring mix** and **remaining parsley**. Toss to combine. Season with **salt** and **pepper**.



2 MAKE BEAN PATTIES
To **beans**, add **garlic**, **chickpea flour**, **hummus**, **half the parsley** and **1 tsp cumin** (dbl for 4 ppl). Season with **¼ tsp salt** (dbl for 4 ppl) and **¼ tsp pepper** (dbl for 4 ppl). Stir together, until **bean mixture** is sticky and can be formed into a ball. Divide **mixture** into **four portions** (8 portions for 4 ppl).



5 TOAST BUNS & MAKE MAYO
Halve **buns** and arrange them on a baking sheet, cut-side up. Toast in **middle** of oven, until golden-brown, 1-2 min. (**TIP:** Keep your eye on them so they don't burn!) Meanwhile, in a small bowl, stir together **mayo** and **½ tsp sriracha** (dbl for 4 ppl). (**NOTE:** Reference Heat Guide in Start Strong.)



3 COOK BEAN PATTIES
Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **bean balls**. Using the back of a spatula, carefully flatten **each portion** into 3-inch wide **patties**. Cook, until golden-brown, 4-5 min per side. (**NOTE:** Cook patties in 2 batches for 4 ppl, using 1 tbsp oil for each batch!)



6 FINISH AND SERVE
Spread **sriracha mayo** over **each bun**. Divide **bean patties** and **half the cucumber slices** between **buns**. Add **remaining cucumber slices** to **salad**, and toss together. Divide **burgers** and **salad** between plates.

PUMP IT UP!

Cannellini beans are full of flavour!