



CHUNKY FUNKY VEGGIE BURGERS

with Lime Crema, Tomato Salsa, and Carrot Fries



HELLO
DIY VEGGIE BURGERS
 Forget frozen: these patties are moist and tender thanks to creamy black beans.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 840



Carrots



Roma Tomato



Lime



Black Beans



Southwest Spice Blend



Mozzarella Cheese
(Contains: Milk)



Brioche Buns
(Contains: Wheat, Milk, Eggs)



Shallot



Jalapeño Pepper



Corn on the Cob



Panko Breadcrumbs
(Contains: Wheat)



Egg
(Contains: Eggs)



Sour Cream
(Contains: Milk)

START STRONG

Always crack eggs on a flat surface, not the side of a bowl or plate. That way, you're less likely to get bits of shell inside.

BUST OUT

- Peeler
- Baking sheet
- Zester
- Strainer
- Large bowl
- Potato masher
- Olive oil (1 TBSP | 2 TBSP)
- Large pan
- 2 Small bowls

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 2 | 4
- Shallot 1 | 2
- Roma Tomato 1 | 2
- Jalapeño Pepper 1 | 1
- Lime 1 | 2
- Corn on the Cob 1 Ear | 2 Ears
- Black Beans ½ Box | 1 Box
- Panko Breadcrumbs ½ Cup | 1 Cup
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Egg 1 | 2
- Mozzarella Cheese ½ Cup | 1 Cup
- Sour Cream 6 TBSP | 12 TBSP
- Brioche Buns 2 | 4

HELLO WINE



PAIR WITH

Apostura Campo de Borja
Garnacha-Tempranillo, 2015

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1 ROAST CARROTS

Wash and dry all produce. Preheat oven to 400 degrees. Peel **carrots**, then cut into 3-inch lengths. Cut each piece into ½-inch-thick sticks (like French fries). Toss on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until browned and tender, about 25 minutes, tossing halfway through.



4 COOK BURGERS

Heat a drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **burgers** and cook until browned and firm, 4-5 minutes per side. About 2 minutes before the burgers are done, sprinkle **mozzarella** onto top of each and cover pan to melt cheese.



2 PREP

Halve, peel, and finely chop **shallot**. Core, seed, and dice **tomato**. Mince **jalapeño**, removing ribs and seeds if you prefer less heat. Zest **lime** until you have ½ tsp zest, then cut into halves. Cut **corn kernels** from cob until you have ½ cup corn. Drain and rinse half the **beans** from the can and put in a large bowl (use the rest of the corn and beans as you like).



5 MAKE SALSA AND CREMA

While burgers cook, combine **tomato**, **1 TBSP shallot**, a squeeze of **lime**, and as much of the remaining **jalapeño** as you like in a small bowl. Season with **salt** and **pepper**. In another small bowl, combine **sour cream**, **lime zest**, and a squeeze of **lime juice**, to taste. Season with salt and pepper.



3 MIX AND SHAPE BURGERS

Mash **beans** in a large bowl with a potato masher or fork until mostly smooth but still a little chunky. Stir in **panko**, **Southwest spice blend**, **2 TBSP shallot**, **corn**, and up to **1 TBSP jalapeño** (use less to taste). Crack **1 egg** into bowl and thoroughly combine (use the other egg as you like). Shape mixture into two ½-inch-thick patties.



6 TOAST BUNS AND SERVE

Split **buns** in half and toast in oven until golden, 2-3 minutes. (**TIP:** You can put the buns on sheet with carrots.) Squeeze a little **lime** over **carrots** and divide between plates. Spread buns with half the **crema**, then fill with **burgers** and **salsa**. Serve remaining crema on the side for dipping carrots into.

COOL BEANS!

Did you know that black beans are a great source of minerals like iron and magnesium?

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