



## Fast! Actual Veggies™ Black Bean Cheeseburger

with Italian Salad



20-30min



2 Servings

Veggie burgers have come a long way, and this black bean beauty is no exception! A hearty mix that includes carrots, parsnips, and red pepper, these patties are full of ingredients to satisfy you from the inside out. We serve them on buttery toasted buns with a generous sprinkle of melted cheese. A packed salad with cucumbers, olives, and pepperoncini drizzled with a homemade Italian dressing fills up this delicious plate.

## What we send

- 1 romaine heart
- 1 plum tomato
- 1 red onion
- 1 cucumber
- 1 oz Kalamata olives
- 1½ oz pepperoncini <sup>12</sup>
- ¼ oz Italian seasoning
- Actual Veggies black burger
- 2 potato buns <sup>1,7,11</sup>
- 2 oz shredded cheddar-jack blend <sup>7</sup>

## What you need

- olive oil
- red wine vinegar (or white wine vinegar)
- unsalted butter <sup>7</sup>
- kosher salt & ground pepper

## Tools

- medium skillet

## Allergens

Wheat (1), Milk (7), Sesame (11), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 910kcal, Fat 56g, Carbs 87g, Protein 28g



### 1. Prep ingredients

Thinly slice desired amount of **lettuce**, **tomato**, and **onion** for burger toppings; set aside. Cut remaining lettuce and tomato into ¾-inch pieces. Thinly slice remaining onion. Cut **cucumber** in half, peel one half and cut into ¾-inch pieces (save rest for own use). Cut or tear **olives** in half, removing any pits if necessary. Thinly slice **pepperoncini**.



### 4. Cook burgers

Heat **1 tablespoon oil** in skillet over medium-high. Add **burgers** and cook until well browned and warmed through in the center, 3-5 minutes per side. Sprinkle **cheese** on top of burgers; add **1 tablespoon water** to skillet. Cover skillet, and cook until cheese is melted, 1-2 minutes.



### 2. Make dressing

In a large bowl, combined **chopped lettuce, tomato, onion, cucumber, olives**, and **pepperoncini**; set aside. In a medium bowl, whisk together **1 tablespoon Italian spice**, **¼ cup oil**, and **2½ tablespoons vinegar**; season to taste with **salt** and **pepper** and set aside.



### 5. Finish

Re-whisk **dressing** and add as much as desired to **salad**. Season to taste with **salt** and **pepper** and toss well.

Sandwich **burgers** with **onion, tomato, lettuce**, and any desired **condiments**.



### 3. Toast buns

In a medium heavy skillet, melt **2 tablespoons butter** over medium heat. Add **buns**, cut sides down, and cook until bottoms are golden brown, 2-4 minutes; set aside.



### 6. Serve

Enjoy!