



Actual Veggies® Black Bean Burger

with Roasted Brussels Sprouts & Dijonnaise



30min



2 Servings

We know veggie burgers get a bad rap, but not when it's an Actual Veggies burger! Their winning combination includes black beans, onion, carrot, and red peppers. We serve these hearty patties on toasted potato buns with homemade Dijonnaise, crisp lettuce, and juicy tomatoes. A side of roasted brussels sprouts and boom, we have an all-veggie, crave-worthy pub-style burger platter.

What we send

- ½ lb Brussels sprouts
- 1 plum tomato
- 1 romaine heart
- 2 oz mayonnaise ^{1,3}
- 2 artisan buns ^{1,2,3,4}
- ½ lb pkg Actual Veggies® black burger
- ¼ oz Dijon mustard

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium nonstick skillet

Allergens

Egg (1), Milk (2), Soy (3), Wheat (4).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 44g, Carbs 76g,
Protein 20g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below
to match your recipe choices.
Happy cooking!

1. Roast Brussels sprouts

Preheat oven to 425°F with a rack in the lower third.

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until golden brown and tender, flipping halfway through, 15-20 minutes.



4. Cook black burgers

Heat **2 teaspoons oil** in same skillet over medium-high. Add **black burgers** and cook, turning once, until browned, 2-3 minutes per side (add ½ tablespoon oil after flipping if skillet is too dry).



2. Prep ingredients

Cut **tomato** crosswise into ¼-inch thick rounds; sprinkle with **a pinch of salt**. Separate **lettuce leaves**.

In a small bowl, stir to combine **Dijon mustard** and **mayonnaise**. Season to taste with **salt** and **pepper**.



5. Finish & serve

Spread **some of the Dijonnaise** on **top buns**. On **bottom buns**, stack **burger**, **lettuce**, and **tomatoes**.

Serve **black bean burger** with **Brussels sprouts** and remaining **Dijonnaise** alongside. Enjoy!



3. Toast buns

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Split **buns** and add to skillet, cut side down. Cook until lightly toasted, 1-2 minutes. Transfer to plates.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.