

# MARLEY SPOON



## Actual Veggies® Black Bean Burger

with Roasted Broccoli & 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 buns with homemade Dijonnaise, crisp lettuce, and juicy tomatoes. A side of roasted broccoli and boom, we have an all-veggie, crave-worthy pub-style burger platter.

## What we send

- ½ lb broccoli
- 1 plum tomato
- 1 romaine heart
- 2 oz mayonnaise <sup>1,3</sup>
- 2 artisan buns <sup>1,2,3,4</sup>
- 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 870kcal, Fat 50g, Carbs 96g,  
Protein 21g



## THIS IS A CUSTOMIZED RECIPE STEP

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

### 1. Roast broccoli

Preheat oven to 450°F with a rack in the lower third.

Cut **broccoli** into florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on lower oven rack until tender and browned in spots, about 15 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 **broccoli** 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.