

MARLEY SPOON



Actual Veggies™ Black Bean Burger

with Sweet Potato Fries & Wedge Salad

 40-50min  2 Servings

This plant-based meal takes a cue from the Southwest—with guacamole, pickled onions, and Tex Mex-spiced fries! Black beans, vegetables, oats and quinoa make up the Actual Veggies™ Black Bean Burger, which browns up quickly and rests on toasted buns along with fresh lettuce, tomatoes, and guac on top. Sweet potato fries crisp in the oven while we pickle onions for a refreshing wedge salad with a pickled vinaigrette!

What we send

- 1 sweet potato
- 1 yellow onion
- ¼ oz Tex-Mex spice blend
- 1 plum tomato
- 1 romaine heart
- 2 potato buns¹
- 8 oz pkg Actual Veggies black burger
- 2 oz guacamole

What you need

- red wine vinegar (or vinegar of your choice)
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- rimmed baking sheet
- medium skillet

Cooking tip

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Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 42g, Carbs 71g, Protein 12g



1. Prep ingredients

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

Cut **sweet potato** into ½-inch thick wedges.

Peel **onion** and thinly slice 4-5 rounds; set aside for serving. Halve remaining onion and thinly slice ¼ cup.



4. Prep vegetables

Thinly slice **tomato**.

Remove **2 lettuce leaves** and cut in half. Cut **remaining lettuce head** lengthwise into wedges.



2. Pickle onions

In a small bowl, combine ¼ cup sliced **onions** with **1 tablespoon vinegar** and a **pinch each of salt and sugar**. Set aside to pickle, stirring occasionally.



5. Cook burgers & buns

Lightly brush cut sides of **buns** with **oil**. Heat a medium skillet over medium-high. Add buns, cut-side down. Cook until lightly toasted, 1-2 minutes. Transfer to plates.

Heat **1 tablespoon oil** in same skillet over medium-high. Add **burgers** and cook until well browned and warmed through, 3-5 minutes per side.



3. Roast fries

Toss **potatoes** on a rimmed baking sheet with **2 tablespoons oil**; season with **salt** and **pepper**. Spread in an even layer and roast on lower oven rack until browned on the bottom, 20-25 minutes. Flip and cook until browned, 8-10 minutes more. Toss directly on sheet with **2 teaspoons Tex-Mex spice** (or more to taste).



6. Assemble & serve

Remove **pickled onions** from liquid using a fork and transfer to a bowl. Whisk **2 tablespoons oil** into **pickling liquid**; season to taste with **salt** and **pepper**.

Layer **lettuce leaves** onto **buns** and top with **burger, guacamole, raw onion**, and **tomatoes**. Serve **fries** alongside. Top **lettuce wedges** with **pickled onions** and **dressing**. Enjoy!