



## Black Bean Burger

with Sweet Potato Fries & Dijonnaise



30-40min



2 Servings

We know veggie burgers get a bad rap but not ours—we've mastered the bean burger! Our winning combination includes mashed black beans, garlic, and savory steak seasoning blend. We serve these hearty patties on toasted potato buns with homemade Dijonnaise, crisp lettuce, and juicy tomatoes. A side of oven-fries and boom, we have an all-veggie, crave-worthy pub-style burger platter.

## What we send

- 1 sweet potato
- 1 plum tomato
- 1 romaine heart
- 15 oz can black beans
- 1 oz panko <sup>1,6</sup>
- ¼ oz steak seasoning
- 1 pkt Dijon mustard <sup>17</sup>
- 2 (1 oz) mayonnaise <sup>3,6</sup>
- 2 potato buns <sup>1</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- garlic
- 1 large egg yolk <sup>3</sup>

## Tools

- rimmed baking sheet
- potato masher or fork
- medium nonstick skillet

## Cooking tip

Save the egg white in the refrigerator and add it to your scrambled eggs or omelet in the morning!

## Allergens

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 870kcal, Fat 45g, Carbs 95g, Protein 23g



### 1. Roast sweet potato fries

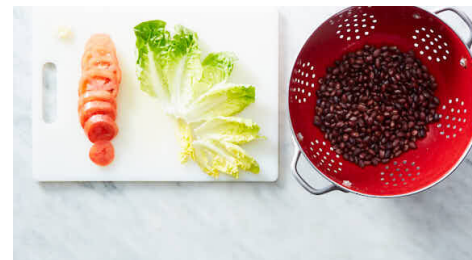
Preheat oven to 425°F with a rack in the lower third.

Scrub **sweet potato**; cut lengthwise into ¼-inch thick slabs, then cut each slab into ¼-inch thick sticks. On a rimmed baking sheet, toss sweet potatoes with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until golden brown and tender, flipping after 15-20 minutes, 25-30 minutes total.



### 4. 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.



### 2. Prep ingredients

Finely chop **1 teaspoon garlic**. Cut **tomato** crosswise into ¼-inch thick rounds; sprinkle with **a pinch of salt**. Separate **lettuce leaves**. Drain and rinse **beans**.



### 5. Cook bean burgers

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



### 3. Prep burgers & Dijonnaise

Transfer **beans** to a medium bowl; use a potato masher or fork to coarsely mash beans. Add **garlic, panko, steak seasoning**, and **1 large egg yolk**; stir until mixture is well combined, then shape into 2 (4-inch) patties.

In a small bowl, stir to combine **Dijon mustard** and **mayonnaise**. Season to taste with **salt** and **pepper**; set Dijonnaise aside until ready to serve.



### 6. Finish & serve

Spread **some of the Dijonnaise** over **top half of buns**. On **bottom half of buns**, stack **bean burger, lettuce**, and **tomatoes**. Serve **bean burger** with **sweet potato fries** alongside, and **remaining Dijonnaise** for dipping. Enjoy!