



Black Bean Burger & Sweet Potato Fries:

Gastropub at Home



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 little gem 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
- garlic
- 1 plum tomato
- 1 head little gem lettuce
- 1 can black beans
- 1 oz panko ^{1,6}
- ¼ oz steak seasoning
- 1 pkt Dijon mustard ¹⁷
- 2 oz mayonnaise ^{3,6}
- 2 potato buns ¹

What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg yolk ³

Tools

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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

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 840kcal, Fat 45g, Carbs 92g, Proteins 21g



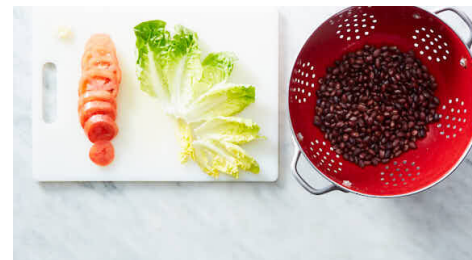
1. Roast sweet potato fries

Preheat oven to 425°F with a rack in the lower third. Scrub **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** and season with **salt** and **pepper**. Roast on lower oven rack, flipping after 15-20 minutes, until golden brown and tender, 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, all of the 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 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!