




Caribbean-Spiced Bean Patties



with Sweet Potato Fries & Plant-Based Smokey Aioli

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Red Kidney Beans
-  Carrot
-  Garlic Paste
-  Plant-Based Shredded Cheddar Cheese
-  Mild Caribbean Jerk Seasoning
-  Chilli Flakes (Optional)
-  Apple
-  Cucumber
-  Mixed Salad Leaves
-  Plant-Based Smokey Aioli

-  Hands-on: 20-30 mins
-  Ready in: 30-40 mins
-  Naturally Gluten-Free
- Not suitable for coeliacs*

-  Plant based
-  Calorie Smart

Thanks to our mild Caribbean jerk seasoning, naturally sweet grated carrot and a healthy sprinkle of plant-based Cheddar, these hearty patties definitely don't fall short on flavour. So skip the veggie patties and fries from the freezer aisle and give this surprisingly simple recipe a go!

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Plant-Based Milk, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
red kidney beans	1 tin	2 tins
carrot	1	2
plain flour* (or gluten-free plain flour)	½ cup	1 cup
plant-based milk*	2 tbs	¼ cup
garlic paste	1 packet	2 packets
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
mild Caribbean jerk seasoning	1 sachet	2 sachets
apple	1	2
cucumber	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
plant-based smokey aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2514kJ (601Cal)	393kJ (94Cal)
Protein (g)	18.2g	2.8g
Fat, total (g)	24.7g	3.9g
- saturated (g)	6.1g	1g
Carbohydrate (g)	78.7g	12.3g
- sugars (g)	27g	4.2g
Sodium (mg)	1716mg	268mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide fries between two trays.



Get prepped

While the fries are baking, drain and rinse the **red kidney beans**. Grate the **carrot**, squeezing out any excess liquid with a paper towel.

TIP: Removing the excess liquid from the carrot will help the fritters crisp up in the pan!



Make the patties

In a medium bowl, lightly mash the **beans**. Add **carrot**, **plain flour**, **plant-based milk**, **garlic paste**, **plant-based shredded Cheddar cheese**, **mild Caribbean jerk seasoning** and a pinch of **chilli flakes** (if using). Mix well. Using damp hands, roll the **mixture** into small balls, then flatten into 1cm-thick patties. You should get 3-4 patties per person. Transfer to a plate.



Make the salad

Thinly slice the **apple** into wedges. Roughly chop the **cucumber**. In a second medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Top with the **mixed salad leaves**, **apple** and **cucumber**. Set aside.

TIP: Toss the salad just before serving to keep the leaves crisp.



Cook the patties

In a large frying pan, heat enough **olive oil** to coat the base over a medium-high heat. When the oil is hot, cook the **patties**, in batches, until golden, **2-4 minutes** each side (to ensure the patties set, don't flip them too early!). Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches if needed to prevent the patties from sticking to the pan!



Serve up

Toss the salad. Divide the Caribbean-spiced bean patties, sweet potato fries and salad between plates. Serve with the **plant-based smokey aioli**.

Enjoy!

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