



Moroccan Spiced Veggie Burgers

with Beetroot-Walnut Mayo



Make at veggie
patty at home



Parsley



Roma Tomato



Cucumber



Souk Market Spice Blend



Red Kidney Beans



Mayonnaise



Beetroot, Walnut And
Pomegranate Dip



Carrot



Cos Lettuce



Garlic



Fine Breadcrumbs



Bake-At-Home Burger
Buns



Sesame Seeds



Hands-on: **25** mins
Ready in: **30** mins

Sink your teeth into this one and celebrate the versatility of the humble kidney bean! Packed with spices, fresh parsley and topped with a delicious beetroot-walnut mayo – this recipe ensures no one misses out on the joys of tucking into a juicy, satisfying (not to mention healthy!) veggie burger.

Pantry Staples: Olive Oil, Egg, Vinegar (White Wine Or Balsamic)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, colander, large bowl, garlic crusher, box grater, potato masher or fork, plate, small bowl, large frying pan, spatula and medium bowl.**



1 GET PREPPED

Preheat the oven to **180°C/160°C fan-forced**. Drain and rinse the **red kidney beans** and place in a large bowl. Peel and crush the **garlic**. Finely chop the **parsley** leaves. Finely slice the **Roma tomato**. Finely slice the **cucumber**. Grate the **carrot** (unpeeled). Roughly chop the **cos lettuce**.



4 COOK THE VEGGIE PATTIES

Heat a **good drizzle** of **olive oil** in a large frying pan over a medium-high heat. Cook the patties for **4-5 minutes** on each side, or until golden on the outside and firm.

TIP: Don't be tempted to flip your veggie patty early, letting it form a crust will prevent it from breaking apart when you flip it! In the last **5 minutes** of the veggie patty cooking time, place the **bake-at-home burger buns** directly onto a wire rack in the oven for **3 minutes**, or until heated through. Slice in half.



2 MAKE THE VEGGIE PATTIES

Using a potato masher or a fork, mash the **kidney beans** as much as you can. Add the **garlic, Souk Market spice blend (use suggested amount), 1/2 the parsley, the sesame seeds, salt (use suggested amount), egg and fine breadcrumbs (use suggested amount)** to the large bowl with the kidney beans. Mix well then shape the bean mixture into patties slightly larger than your buns (you should get 1 patty per person). Set aside on a plate, ready to cook.



5 MAKE THE SALAD

While the patties are cooking, combine the **vinegar and olive oil (1 tbs for 2 people / 2 tbs for 4 people)** in a medium bowl. Reserve **1/4** of each of the **tomato, cucumber, carrot and cos lettuce** for the burgers, and add the remaining to the medium bowl, along with the **parsley**. Toss to coat. **TIP:** Toss your salad just prior to serving to prevent soggy leaves.



3 MAKE THE BEETROOT-WALNUT MAYO

In a small bowl, combine the **mayonnaise and beetroot, walnut and pomegranate dip**. Set aside.



6 SERVE UP

Add a handful of **cos lettuce** to the base of the burger bun. Add a Moroccan spiced veggie patty and spread over some of the beetroot-walnut mayo. Top with the remaining tomato, cucumber and carrot. Serve the salad on the side.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red kidney beans	1 tin (400 g)	2 tins (800 g)
garlic	1 clove	2 cloves
parsley	1 bunch	1 bunch
Roma tomato	1	2
cucumber	1	2
carrot	1	2
cos lettuce	1 head	2 heads
Souk Market spice blend	½ sachet (2 tsp)	1 sachet (1 tbs)
sesame seeds	1 packet	2 packets
salt*	¼ tsp	½ tsp
egg*	1	2
fine breadcrumbs	½ packet (¼ cup)	1 packet (½ cup)
mayonnaise	1 tub (40 g)	2 tubs (80 g)
beetroot, walnut and pomegranate dip	1 tub (50 g)	1 tub (100 g)
bake-at-home burger buns	2	4
vinegar* (white wine or balsamic)	1 tbs	2 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3050kJ (727Cal)	472kJ (113Cal)
Protein (g)	27.3g	4.2g
Fat, total (g)	29.2g	4.5g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	75.1g	11.6g
- sugars (g)	14.4g	2.2g
Sodium (g)	1090mg	170mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

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