

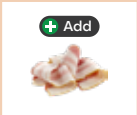


Chipotle Black Bean Oat Burger

with Garlicky Sweet Potato Fries

Veggie

30 Minutes



Bacon

100 g | 200 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Black Beans
1 | 2



Quick Oats
½ cup | 1 cup



Artisan Bun
2 | 4



Crispy Shallots
28 g | 112 g



Chipotle Sauce
4 tbsp | 8 tbsp



Spring Mix
28 g | 56 g



Sweet Potato
2 | 4



Garlic Salt
1 tsp | 1 ½ tsp



Mayonnaise
2 tbsp | 4 tbsp



Dill Pickle, sliced
90 ml | 180 ml

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, parchment paper, potato masher, strainer

1



Prep and cook sweet potatoes

- Before starting, preheat the oven to 450 ° F.
- Wash and dry all produce.

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with ½ **tsp garlic salt** and **pepper**, then toss coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Prep and toast buns

- Meanwhile, strain **pickles**.
- Halve **buns**.
- Arrange on an unlined baking sheet, cut-side up. Toast **buns** in the **top** of the oven until golden-brown, 3-4 min. (**TIP:** Keep an eye on buns so they don't burn.)

2



Make patties

+ Add | Bacon

- Meanwhile, drain and rinse **black beans**.
- Add **beans** and **oats** to a large bowl. Mash to a chunky consistency.
- Add **half the chipotle sauce**, ½ **tsp** (1 tsp) **garlic salt** and **half the crispy shallots**.
- Stir to combine.
- Form **mixture** into **three 4-inch-wide patties**.

3



Cook patties

- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **patties**. (**NOTE:** Don't overcrowd the pan; cook patties in 2 batches if needed.) Pan-fry until golden-brown, 4-6 min per side. Transfer to a plate.

5



Assemble burgers

+ Add | Bacon

- Spread **mayo** over **buns**.
- Stack **remaining shallots**, **patties** (use 2 patties for 2 ppl and 4 for 4 ppl), **spring mix** and **pickles** on **bottom buns**. Close with **top buns**. (**NOTE:** Enjoy extra patties for breakfast or lunch with eggs!)

6



Finish and serve

- Divide **burgers** and **sweet potatoes** between plates.
- Serve **remaining chipotle sauce** on the side for dipping.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Cook bacon and make patties

+ Add | Bacon

If you've opted to add **bacon**, arrange **bacon strips** in a single layer on a parchment-lined baking sheet. Roast **bacon** in the **top** of the oven until crispy and cooked through, 8-12 min.**

5 | Assemble burgers

+ Add | Bacon

Top **burgers** with **bacon** when you assemble them.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.