



Caribbean-Spiced Bean Patties

with Sweet Potato Fries & Plant-Based Smokey Aioli

Grab your Meal Kit with this symbol



Sweet Potato



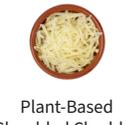
Red Kidney Beans



Carrot



Garlic Paste



Plant-Based Shredded Cheddar Cheese



Chilli Flakes (Optional)



Mild Caribbean Jerk Seasoning



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

Spicy (optional chilli flakes)
 Calorie Smart

Plant based

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), 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)	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)	2471kJ (591Cal)	387kJ (92Cal)
Protein (g)	19g	3g
Fat, total (g)	24.7g	3.9g
- saturated (g)	6.1g	1g
Carbohydrate (g)	76.1g	11.9g
- sugars (g)	17g	11.9g
Sodium (mg)	1702mg	267mg

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 the oven to **240°C/220°C fan-forced**. Cut the **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 tray is getting crowded, divide the fries between two trays.



Get prepped

While the fries are baking, drain and rinse the **red kidney beans**. Grate the **carrot**.



Make the patties

In a medium bowl, lightly mash the **beans**. Add the **carrot**, **plain flour**, **garlic paste**, **plant-based shredded Cheddar cheese**, a pinch of **chilli flakes** (if using) and **mild Caribbean jerk seasoning**. Mix well. Using damp hands, roll the **mixture** into small balls, then flatten into 1cm-thick patties. Transfer to a plate. You should get 3-4 patties per person. Refrigerate for **5 minutes**.

TIP: Chilling the mixture helps the patties firm up!



Make the salad

While the patties are in the fridge, thinly slice the **apple**. 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, add enough **olive oil** to coat the base and heat over a medium-high heat. When the oil is hot, cook the **patties**, in batches, until golden, **2-4 minutes** each side. 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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