



# Plant-Based Pesto & Cannellini Bean Patties

with Caramelised Onion, Spiced Fries & Radish Salad

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Red Onion



Carrot



Cannellini Beans



Plant-Based Basil Pesto



Plant-Based Grated Parmesan



Fine Breadcrumbs



Radish



Mixed Salad Leaves



Garlic Dip

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Plant Based

Here's a new way to enjoy cannellini beans; combine them with plant-based pesto and parmesan, then shape them into patties! The flavour doesn't stop there – on the side you'll have a crisp salad, deliciously-spiced fries and a garlic sauce to dip everything in. The end result; a veggie meal with all the good stuff.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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
potato	2	4
Aussie spice blend	1 sachet	1 sachet
red onion	½	1
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
cannellini beans	1 tin	2 tins
plant-based basil pesto	1 packet (50g)	1 packet (100g)
plant-based grated parmesan	1 medium packet	2 medium packets
fine breadcrumbs	1 packet	1 packet
plain flour*	2 tbs	¼ cup
radish	2	4
mixed salad leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3147kJ (752Cal)	512kJ (122Cal)
Protein (g)	22.5g	3.7g
Fat, total (g)	33.4g	5.4g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	85.7g	13.9g
- sugars (g)	21.3g	3.5g
Sodium (mg)	1518mg	247mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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 **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **Aussie spice blend**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



### Cook the patties

Wipe out the frying pan, then return to a medium-high heat with enough **olive oil** to cover the base. When the oil is hot, cook the **bean patties** in batches until golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** Add more oil if the patties are sticking to the pan.



### Make the caramelised onion

While the fries are baking, thinly slice the **red onion** (see ingredients). In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium. Add the **balsamic vinegar**, the **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



### Make the salad

Thinly slice the **radish**. In a medium bowl, combine the **radish**, **mixed salad leaves** and a drizzle of **olive oil** and **white wine vinegar**. Season to taste.



### Make the bean patties

Grate the **carrot**. Drain and rinse the **cannellini beans**. In a medium bowl, add the **cannellini beans**, then mash with a fork until the beans are broken up. Add the **carrot**, **plant-based basil pesto**, **plant-based grated parmesan**, **fine breadcrumbs** and **plain flour** and combine until the mixture sticks together. Using damp hands, roll large spoonfuls of the **bean mixture** into balls, then flatten into 1cm-thick patties. You should get 3-4 patties per person.



### Serve up

Divide the spiced fries, radish salad and cannellini bean patties between plates. Top the patties with the caramelized onion. Serve with the **garlic dip**.

Enjoy!