



SOUTHWESTERN BLACK BEAN CAKES

with Baby Gem Avocado Salad and Lime Crema

VEGGIE

SPICY



HELLO

BLACK BEANS

Packed with fibre, protein and folate, black beans are little powerhouses

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 564



Black Beans



Red Onion, chopped



Corn Kernels



Southwest Spice Blend



Panko Breadcrumbs



Avocado



Baby Gem Lettuce



Sour Cream



Jalapeño



Lime



Cilantro



Garlic

BUST OUT

- Large Non-Stick Pan
- 2 Small Bowls
- Measuring Cups
- Zester
- Measuring Spoons
- Whisk
- Garlic Press
- Sugar (2 tsp)
- 2 Medium Bowls
- Salt and Pepper
- Potato Masher
- Olive or Canola oil

INGREDIENTS

2-person

- Black Beans 1 can
- Red Onion, chopped 56 g
- Corn Kernels 113 g
- Southwest Spice Blend 1 tbsp
- Panko Breadcrumbs 1 ½ cup
- Avocado 1
- Baby Gem Lettuce 100 g
- Sour Cream 2 3 tbsp
- Jalapeño 1
- Lime 1
- Cilantro 10 g
- Garlic 10 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

The liquid from the can of beans acts as a binding agent in this recipe. Adding a little bean liquid to the bean cake mixture will help bind everything together when forming into cakes.



1 PREP

Wash and dry all produce.* In a small bowl, reserve **2 tbsp bean liquid**, then drain and rinse the **beans**. Peel and cut the **avocado** into ½-inch cubes. Zest, then juice the **lime**. Mince or grate the **garlic**. Roughly chop the **cilantro**. Finely chop the **jalapeño**, removing the seeds for less heat.



4 COOK BEAN CAKES

Stir **corn, panko** and **reserved bean liquid** into the **beans**. Season with **salt** and **pepper**. Scoop out **¼ cup bean mixture** and form into a 2-inch wide cake. Repeat with **remaining** bean mixture. (**NOTE:** The mixture should make 6-8 cakes.) Heat the same pan over medium heat. Add another drizzle of **oil**, then the **cakes**. Cook until golden-brown, 3-4 min per side.



2 START THE BEAN CAKES

Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until onions soften, 3-4 min.



5 MAKE SALAD

Meanwhile, roughly chop the **baby gem**. In another medium bowl, whisk together the **lime juice**, **2 tsp sugar** and **2 tbsp oil**. Season with **salt** and **pepper**. Add the baby gem, **avocado**, **remaining jalapeño** and **half the cilantro**. Toss and set aside. In a small bowl, stir together the **sour cream**, **lime zest** and **2 tsp water**. Season with **salt** and **pepper**.



3 MAKE BEAN CAKES

Add the **Southwest spice blend**, **garlic**, **beans** and **half the jalapeño** to the pan. Cook until the garlic is fragrant and the beans are warmed through, 1-2 min. Remove the pan from the heat and transfer mixture to a medium bowl. Using a potato masher, roughly mash the bean mixture.



6 FINISH AND SERVE

Divide the **salad** and **crispy black bean cakes** between plates, then sprinkle over the **remaining cilantro**. Serve with the **lime crema**.

LIME ZIP!

Lime zest in the crema and juice in the dressing brings brightness and flavour.