



KIDNEY BEAN PATTIES

with corn & red pepper relish, paprika aioli, broccoli & potatoes

COOK TIME	SERVINGS	CALORIES PER SERVING	MENU
35 MIN	2	940	VEGAN

Mashed kidney beans are the perfect ingredient for hearty, protein-packed patties. They carry the spiced flavors of our paprika-parsley blend, have a delicate texture, and turn perfectly crispy on the outside when pan fried with a generous drizzle of oil. A corn and roasted red pepper relish adds a tangy and crunchy contrast spooned over the savory patties, while roasted broccoli and potatoes make a filling side. This colorful meal is as nourishing as it is eye-catching!

INGREDIENTS (12 ITEMS)

13 ¼ oz	Kidney beans
3 ½ oz	Vegan paprika-Dijon aioli
¼ cup	Breadcrumbs <small>W</small>
2 tsp	Paprika-parsley spice blend
½ oz	Chia seeds
6 oz	Broccoli
4 ¼ oz	Yellow potatoes
¾ cup	Corn
1 oz	Roasted red peppers
1 ¾ oz	Celery
1 oz	Apple cider vinegar
2 ½ tbs	Spiced cane sugar

WHAT YOU'LL NEED

- small pot
- large nonstick pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- strainer
- potato masher
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP

- Preheat oven to 400 degrees.
- Combine **chia seeds** and about 3 tablespoons water in a large bowl. Let soak about 5 minutes, or until water is absorbed.

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 FINISH PREP

- Cut **broccoli** into bite-size pieces if necessary.
- Medium dice **yellow potatoes*** into pieces, about ½ inch each.
- Small dice **celery** into pieces, about ¼ inch each.
- Strain and rinse **kidney beans**.

**Your potatoes may be a different color. Either way, this dish will still be delicious!*

3 ROAST BROCCOLI & POTATOES

- Place **broccoli** and **potatoes** in a second large bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-22 minutes, or until broccoli is crisp-tender and potatoes are fork tender, stirring halfway through.

4 MAKE RELISH

- Place **corn**, **roasted red peppers**, and **celery** in a small pot. Add **apple cider vinegar** and about ¼ cup water. Season with **spiced cane sugar**, salt, and pepper. Stir to combine. Bring to a boil, then reduce heat to medium-low. Simmer 15 minutes, or until liquid is mostly reduced, stirring occasionally.

5 MAKE MIXTURE & FORM PATTIES

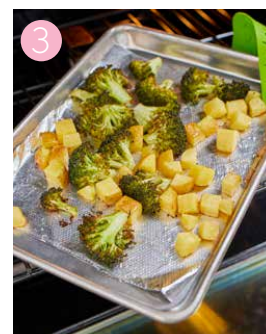
- Add **beans** to bowl with **chia seeds**. Mash with a potato masher (or fork) into a chunky purée. Add **breadcrumbs** and about 1 ½ tablespoons of the **vegan paprika-Dijon aioli**. Season with **paprika-parsley spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Using a silicone spatula, gently fold and compress the mixture until cohesive, 1-2 minutes.
- Form **mixture** into four patties, about ½ inch thick.
- Place **patties** on a plate. Transfer to refrigerator. Let chill about 5 minutes.

6 COOK PATTIES

- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, add **patties**. Cook 5-6 minutes on each side, or until patties are lightly browned and crispy on both sides.

7 PLATE YOUR DISH

- Shingle **kidney bean patties** on one side of each plate. Garnish with **corn and roasted red pepper relish** and remaining **paprika-Dijon aioli**. Serve **roasted broccoli and potatoes** next to patties. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (575g)

Amount per serving

Calories **940**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2370mg	103%
Total Carbohydrate 88g	32%
Dietary Fiber 9g	32%
Total Sugars 26g	
Includes 20g Added Sugars	40%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 218mg	15%
Iron 9mg	50%
Potassium 1239mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Yellow Potatoes, Broccoli, Corn, Roasted Red Peppers [roasted red pepper, water, citric acid, sea salt], **Celery, Apple Cider Vinegar** [raw and unfiltered organic apple cider vinegar], **Spiced Cane Sugar** (Cane Sugar, Dried Mustard, Ground Coriander, Allspice, Ground Cayenne Pepper), **Kidney Beans** [red kidney beans, water, sugar, salt, ascorbic acid], **Chia Seeds, Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Paprika-Parsley Spice Blend** (Minced Dehydrated Onion, Dried Parsley, Ground Cayenne Pepper, Smoked Paprika, Sea Salt), **Paprika-Dijon Aioli** (Vegan Mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], Dijon Mustard [grain vinegar, water, mustard seed, salt, spices], Sweet Paprika, Smoked Paprika, Dried Thyme, Dried Basil, Dried Oregano, White Pepper, Granulated Garlic, Lemon Juice [lemon])

Allergen information:

Contains Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

