



**GREEN
CHEF**

KIDNEY BEAN PATTIES

corn & pepper relish, paprika-Dijon aioli, broccoli, potatoes

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

830

MENU

VEGAN

Mashed kidney beans are the perfect ingredient for making meatless patties feel hearty. They carry the spiced flavors of our paprika-parsley blend nicely, boast a velvety texture, and turn perfectly crispy on the outside when pan-fried (plus, they're packed with protein!). A corn and roasted red pepper relish is spooned over the savory patties for tangy and crunchy contrast, while roasted broccoli and potatoes make a filling side. This colorful meal is as nourishing as it is delicious and eye-catching.

INGREDIENTS (12 ITEMS)

½ oz	Chia seeds
6 oz	Broccoli
3 oz	Red potatoes
1¾ oz	Celery
13¼ oz	Kidney beans
2¾ oz	Corn
1 oz	Roasted red peppers
1 oz	Apple cider vinegar
2½ tbsp	Spiced cane sugar
¼ cup	Breadcrumbs <small>W</small>
3½ oz	Vegan paprika-Dijon aioli
2 tsp	Paprika-parsley spice blend

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 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 has 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 **red potatoes*** into pieces, about ½ inch each.
- Small dice **celery** into pieces, about ¼ inch each.
- Strain and rinse **kidney beans**.

**The ingredient you received may be a different color.*

3 ROAST BROCCOLI & POTATOES

- Place **broccoli** and **potatoes** in a second large bowl. Drizzle with about 1½ 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 about 15 minutes, or until liquid has 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 1½ tablespoons **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 **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 1½ 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 lightly browned and crispy on both sides.

**Use silicone or wooden utensils to avoid scratching your pan.*

7 PLATE YOUR DISH

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



Nutrition Facts

2 Servings per container

Serving size (527g)

Amount per serving

Calories **830**

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1770mg	77%
Total Carbohydrate 80g	29%
Dietary Fiber 14g	50%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 8mg	45%
Potassium 1349mg	30%

* 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:

Red Potatoes, **Broccoli**, **Corn** [corn], **Roasted Red Peppers** [bell pepper], **Celery**, **Apple Cider Vinegar** [apple cider vinegar], **Spiced Cane Sugar** (Cane Sugar [organic raw sugar], Dried Mustard, Ground Coriander, Allspice [pimento], Ground Cayenne Pepper), **Kidney Beans** [organic kidney beans, water, sea salt, calcium chloride (firming agent)], **Chia Seeds** [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, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic 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.

