

CRISPY WHITE BEAN PATTIES WITH ROASTED ROOT VEGETABLES AND CHIMICHURRI

SERVES 2 OR 4 TIME: 45 MIN CALORIES: 570/SERVING



These crispy white bean patties are reminiscent of falafel and the root vegetables are perfectly caramelized, but it's the chimichurri that takes this dish to the next level. The earthy, sweet and savouriness of the patties and vegetables goes perfectly with the herby brightness of the chimichurri.

WHAT YOU'LL NEED

- 2 baking sheets
- 2 silicone baking mats (optional)
- Medium mixing bowl
- Oil
- Salt
- Pepper



| WHAT'S INSIDE | 2 servings | 4 servings |
|--|---|---|
| White beans Garlic cloves Onion All-purpose flour Spice blend Ground flax Chimichurri Sweet potato Beet Parsnip | 1.5 cups 2 1 1/4 cup 1 tbsp 1 tbsp 1/3 cup 1 1 1.2 | 3 cups 4 2 1/2 cup 2 tbsp 2 tbsp 2/3 cup 1-2 2 2-4 |
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Nutrition Facts Valeur nutritive

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| Calories 570 % Da % valeur que | ily Value* tidienne* |
|--|-------------------------|
| Fat / Lipides 30 g | 40 % |
| Saturated / saturés 4.0 g + Trans / trans 0 g | 20 % |
| Carbohydrate / Glucides 60 g | |
| Fibre / Fibres 12 g | 43 % |
| Sugars / Sucres 2 g | 2 % |
| Protein / Protéines 16 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 870 mg | 38 % |
| Potassium 1050 mg | 22 % |
| Calcium 200 mg | 15 % |
| Iron / Fer 8 mg | 44 % |



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat your oven to 400°F. Line 2 baking sheets with silicone baking mats or lightly grease. Prep your ingredients: Scrub the **sweet potato**, **beet**, and **parsnips** and cut into wedges. Finely dice **half the onion** and cut **the other half** into wedges. Mince the **garlic**.



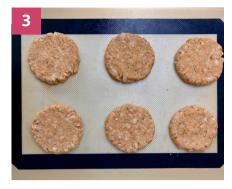
Make the patties: Mix the **ground flax** with 3 tbsp of **water** (6 tbsp for 4 servings) and set aside to thicken. In a medium bowl, mash the **white beans** until mostly smooth with chunks. Mix in the **garlic**, **diced onion**, **flour**, **spice blend**, a pinch of **salt** and **pepper**, and the **flax mixture**.



Toss the **vegetable wedges** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread them out on the other baking sheet. Place them in the oven along the patties and bake for 30-40 minutes, tossing halfway through, until tender and evenly golden.



To serve, plate the **roasted vegetables** and **crispy white bean patties** and drizzle the **chimichurri** all over the dish.



Form the **mixture** into patties and spread out on one of the baking sheets. Bake in the oven for 20 minutes, then flip and bake for another 15-20 minutes.