



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



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
White beans	1.5 cups	3 cups
Garlic cloves	2	4
Onion	1	2
All-purpose flour	1/4 cup	1/2 cup
Spice blend	1 tbsp	2 tbsp
Ground flax	1 tbsp	2 tbsp
Chimichurri	1/3 cup	2/3 cup
Sweet potato	1	1-2
Beet	1	2
Parsnip	1-2	2-4

Nutrition Facts Valeur nutritive

Per Serving (299 g)
pour 1 (299 g)

Calories 570	% Daily Value*
Fat / Lipides 30 g	40 %
Saturated / saturés 4.0 g	20 %
+ Trans / trans 0 g	
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 %

*5% or less is a little 15% or more is a lot

*5% ou moins c'est peu 15% ou plus c'est beaucoup



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**.



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.



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**.



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.