



CAJUN RED BEAN BURGERS WITH HORSERADISH MAYO AND OVEN FRIES

FAST. EASY. FRESH.

1. Start by preheating your oven to 425°F. Wash your **potatoes** then cut them into fry-sized pieces. Toss in a medium bowl with 1 Tbsp. **olive oil**, **Herb Garlic Seasoning**, and a good pinch of **salt** and **pepper**. Spread onto a parchment-lined baking tray and roast in the oven for 20-25 minutes.

2. Meanwhile, drain and rinse your **red kidney beans**, finely mince the **shallot** and **green onions**, and peel and mince the **garlic**. Thinly slice the **tomato**.

3. In a large bowl, combine the **kidney beans** with the **shallot**, **green onion**, **Cajun spices (paprika, thyme, and Cajun spice)** 3 cloves of minced **garlic** (reserve one for the mayo), 2 tsp. **hot sauce**, and the **cornmeal**. Mash well with a potato masher until you have a uniform consistency. If you have a food processor, you can also do this using it.

4. Next, shape your kidney bean mixture into two equal patties. Heat 1 Tbsp. **olive oil** in a large pan over medium heat. Add the patties and cook for 4-5 minutes on each side, until golden brown and heated through.

5. To make the horseradish mayo combine the **mayonnaise**, **horseradish mustard**, remaining **garlic**, and remaining **hot sauce**. Season to taste with **salt** and **black pepper**.

6. To serve, place a red bean patty on the bottom half of the **buns**, top with the horseradish mayo, **coleslaw mix**, and **tomato** slices. Serve alongside the oven fries. Enjoy!



Ingredients (2 Person Serving – 1,032 Calories Per Serving)

Mayonnaise	2 ½ Tbsp.	Cajun Spice	1 tsp.
Horseradish Mustard	1 Tbsp.	Dried Thyme	1 tsp.
Hot Sauce	3 tsp.	Yellow Potatoes	2
Garlic	4 Cloves	Herb Garlic Seasoning	1 tsp.
Red Kidney Beans	1 398 ml Can	Olive Oil	2 Tbsp.
Shallot	1	Brioche Buns	2
Green Onions	2 Stalks	Coleslaw Mix	15 g
Cornmeal	½ Cup	Tomato	1
Paprika	2 tsp.	Salt and Pepper	To Taste

40 Minute Cook Time!