



Tandoori-Spiced Veggie Burger

with Carrot Fries



20-30min



4 Servings

Need protein in your life? These veggie burgers—made with a hearty mix of whole grains, kidney beans, and an egg—are packed with it! A warming Tandoori spice blend, including ginger, garlic, & paprika, among others, is thrown into the mix, along with crispy panko and vibrant cilantro. Bonus: the mayo and pickle toppers and crunchy carrot fries give you the burger & fries feel, without the heavi...

What we send

- carrots
- can kidney beans
- fresh cilantro
- tandoori spice blend

What you need

- 1 large egg
- coarse salt
- freshly ground pepper
- olive oil

Tools

- large nonstick skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 671.0kcal, Fat 29.2g, Proteins 19.6g, Carbs 82.9g



1. Prep ingredients

Preheat oven to 450°F. Bring a medium pot of **salted water** to a boil. Trim ends from **carrots**, then cut into long sticks (no need to peel), about ½-inch thick. Pick **cilantro leaves** from **stems**; finely chop **stems** and roughly **chop leaves**, keeping them separate.



4. Mix burgers

Drain and rinse **beans**, transfer to a large bowl, and mash. Mix beans with **cilantro stems**, **panko**, **1 egg**, **tandoori spice**, **¾ teaspoon salt**, and **a few grinds pepper**.



2. Cook grains

Add **grains blend** to boiling water and cook until tender, about 12 minutes. Drain, rinse with cold water, and drain again.



5. Form & cook patties

Fold **grains** into **bean mixture** until it holds together. Form into **4 patties**, about 3½-inches wide. Heat **1 tablespoon oil** in large skillet over medium. Add **burgers** (in batches if necessary) and cook until golden, about 5 minutes. Flip and repeat on second side.



3. Roast carrots

Meanwhile, toss **carrots** with **3 tablespoons oil** on a rimmed baking sheet and season with **salt** and **pepper**. Roast, shaking pan halfway through until browned and tender, 15-20 minutes.



6. Finish & serve

Split **buns** open and toast directly on oven rack, about 2 minutes (watch closely). Serve **patties** on **buns**, topped with **mayonnaise** and **pickles**. Toss **carrots** with **chopped cilantro leaves** and serve alongside burgers. Enjoy!