Crisp Butter Bean Cakes with Green Yogurt Sauce

12 bean cakes with green yogurt sauce; 3 cakes per serving | Active 40 min | Cook 24 min | Total 75 min

Ingredients

- 3 cans butter beans (15 oz/425 g each), drained and rinsed (765 g total drained)
- 1 small onion (90 g), very finely chopped
- 1 large egg (50 g without shell), beaten
- 3/4 cup plain dry breadcrumbs (60 g)
- 1 teaspoon ground cumin (2 g)
- 3/4 teaspoon fine salt (4.5 g), divided
- 1/2 teaspoon ground black pepper (1 g)
- 2 tablespoons olive oil (30 ml/28 g)
- 1 1/4 cups plain nonfat Greek yogurt (300 g)
- 1/2 cup loosely packed fresh parsley leaves (15 g)
- 2 tablespoons chopped fresh dill (5 g)
- 2 tablespoons lemon juice (30 ml/30 g)
- 1 small garlic clove (3 g)

Set out

Large bowl and potato masher, 12-inch/30 cm nonstick skillet, usable flat base at least 10 1/2 inches/27 cm across, Wide flexible spatula, Tray, Blender or small food processor, Instant-read thermometer, Clean plate for cooked cakes and refrigerator space for remaining raw cakes

Allergens

Egg, Wheat, Milk. Check labels and substitutions.

Make it

1. Spread drained rinsed beans on a clean towel and blot dry. Mash in the bowl, leaving some small pieces. Mix in onion, egg, breadcrumbs, cumin, 1/2 teaspoon salt and pepper.

2. Divide into 12 equal portions and shape into cakes about 3 inches/7.5 cm wide and about 3/4 inch/2 cm thick. Put on a tray and refrigerate 15 minutes.

3. Meanwhile, blend yogurt, parsley, dill, lemon juice, garlic and remaining 1/4 teaspoon salt until pale green and mostly smooth. Refrigerate until serving.

4. Before heating, choose two batches of six only if cakes fit with gaps on the actual usable base; otherwise use three batches of four and add about 12 minutes to the schedule. Divide the same measured 30 ml oil equally among those batches. Heat the first oil share over medium heat. Cook the first batch 5–6 minutes per side until golden and the center reaches at least 160°F/71°C. Transfer to a clean plate and repeat with all remaining cakes and oil shares, keeping waiting raw cakes covered in the refrigerator. Extend cooking over lower heat if the center needs longer without burning the crust.

5. Serve three cakes per person with one-quarter of the green yogurt sauce.

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Estimated nutrition per serving

Calories: 350 kcal | Protein: 21.2 g | Carbohydrate: 45.7 g | Fat: 9.8 g | Fiber: 10.5 g. One of 4 servings. Batch yield: 12 bean cakes with green yogurt sauce; 3 cakes per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Pack the sauce after the cakes cool

A small separate sauce container keeps the crust from soaking during storage. Count three cakes into each lunch box before dividing sauce, and let the batch cool in shallow containers rather than stacked in a deep bowl. The first serving should not receive all the crisp cakes while later portions are compressed underneath.

A useful detail

The cakes are intentionally tender. A nonstick skillet and a spatula that supports the whole cake are more important than making the mixture stiff with extra flour.

Another way

Replace butter beans with 765 g drained canned cannellini beans, mashing to the same coarse texture.

Use 20 g fresh basil in place of the parsley and dill for a different green yogurt sauce.

Keep it well

Refrigerate cakes and sauce separately at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Keep up to 3 days. Freeze cooked cakes in a single layer, then pack for up to 2 months; do not freeze the yogurt sauce. Reheat cakes to 165°F/74°C in a skillet or oven. Carry chilled with two cold sources.