



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CARROTS

The humble carrot is crunchy, highly nutritious, tasty, and versatile! Enjoy it raw, steamed, boiled, baked, or pickled.



## 2. BEEF SLIDERS

WITH CARROT CHIPS AND SLAW

 25 Minutes

 2 Servings

Juicy, decadent, and so tasty you'll savour every bite — these beef sliders with wholesome, baked carrot chips will satisfy even picky eaters!

## FROM YOUR BOX

CARROTS	2
RED APPLE	1
CHIVES	1/3 bunch *
COLESLAW	1 bag (200g)
GARLIC AIOLI	1 tub (50g)
BEEF SLIDER PATTIES	4-pack
AVOCADO	1
SLIDER BUNS	4-pack

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, white wine vinegar

## KEY UTENSILS

oven tray, frypan

## NOTES

Add your favourite sauce or relish to the slider or as a dipping sauce for the carrot sticks.

**No beef option - beef sliders are replaced with chicken schnitzels.** Cut into half and increase cooking time to 4-5 minutes on each side or until cooked through.

**No gluten option - slider buns are replaced with 4-pack regular size GF burger buns.** We suggest to serve two beef patties in each bun and freeze the other two buns for later use.



### 1. ROAST THE CARROTS

Set oven to 220°C.

Cut carrots into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast in the oven for 15-20 minutes or until tender and golden.



### 2. MAKE THE SLAW

Dice apple and slice chives. Add to a bowl with coleslaw. Toss to combine with aioli, **1/2 tbsp olive oil** and **1/2 tbsp vinegar**.



### 3. COOK THE PATTIES

Heat a frypan over medium-high heat. Rub beef patties with **oil** and season with **salt and pepper**. Cook for 2-3 minutes on each side or until cooked through.



### 4. PREPARE THE AVOCADO FILLING

Mash avocado with **1 tbsp olive oil, salt and pepper**.



### 5. TOAST THE BUNS

Slice buns in half and toast in oven until slightly golden (optional).



### 6. FINISH AND PLATE

Assemble sliders with patties, slaw and avocado spread. Serve with carrot chips on the side (see notes).