



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

 4 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	3
RED APPLE	1
CHIVES	1/3 bunch *
COLESLAW	1 bag (400g)
GARLIC AIOLI	1 tub (50g)
BEEF SLIDER PATTIES	8-pack
AVOCADO	1
PRE-COOKED BEETROOT	1 packet (200g)
SLIDER BUNS	8-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 GF burger buns. Serve 2 beef sliders in each bun to make 4 double deckers.



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 FILLINGS

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



5. TOAST THE BUNS

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



6. FINISH AND PLATE

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