



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: COYO NATURAL YOGHURT

We love Coyo Organic coconut yoghurt! It's rich, creamy and easy to transform to suit the dish. It's a delicious way to keep your gut healthy, balanced and happy!

2. CURRIED PATTIES

WITH MINT COCONUT YOGHURT

 35 Minutes

 4 Servings

 Plant-based

Delicious golden patties made from Turban Chopsticks Bombay Burger mix served with roasted carrots and a minted coconut yoghurt sauce.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	11g	62g

30 March 2020

FROM YOUR BOX

CARROTS	3
PURPLE CARROTS	3
FESTIVAL LETTUCE	1
CONTINENTAL CUCUMBER	1/2 *
MINT	1/2 bunch *
COCONUT YOGHURT	1/2 tub *
BOMBAY BURGER MIX	1 packet
RED ONION	1/2 *
KIDNEY BEANS	400g

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, balsamic vinegar, ground coriander

KEY UTENSILS

frypan, kettle, oven tray

NOTES

Add a crushed garlic clove to the mint yoghurt for extra heat.

Using oiled hands will help when shaping the patties, making it easier when handling the sticky mixture.



1. ROAST THE CARROTS

Set oven to 220°C. Bring water (3/4 cup) to boil in the kettle.

Cut carrots into angular pieces. Toss on a lined oven tray with **2 tsp ground coriander, oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



4. PREPARE THE PATTY MIXTURE

Combine the burger mix with **1 cup boiled water**. Dice onion and drain beans. Stir through mixture until well combined.



2. PREPARE THE SALAD

Tear lettuce leaves and slice cucumber. Set aside.

Whisk **1 1/2 tbsp vinegar** and **1 1/2 tbsp olive oil**.



5. COOK THE PATTIES

Heat a frypan over medium-high heat. Cover base with **oil**. Use oiled hands to shape even size patties and place in pan (in batches). Cook for 3-4 minutes each side or until cooked through.



3. MAKE THE MINT YOGHURT

Finely slice mint leaves and combine with yoghurt. Stir in **1 tbsp vinegar** and season with **salt and pepper** to taste.



6. FINISH AND PLATE

Toss salad together with dressing. Serve with patties, roasted carrots and mint yoghurt.