

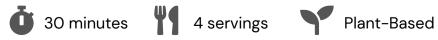
Product Spotlight: Turban Chopsticks

URBAN

Turban Chopsticks is a local Perthbased business creating a range of delicious meal kits including hand roasted spices to bring the perfect balance to your meal. Add any protein and veggies to suit your taste!



Golden sweet corn patties made with Turban Chopstick's bombay burger mix, served with lightly spiced roast veggies and a delicious coconut mango dipping sauce.



Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 20g 17g 52g

You can add cumin seeds or ground paprika

to the vegetables for added flavour. For a creamier dipping sauce that the little ones will love, try combining the mango chutney

with yoghurt or mayonnaise of choice.

Spice it up!

29 June 2020

FROM YOUR BOX

| RED ONION | 1 |
|----------------------|--------------|
| ZUCCHINI | 1 |
| RED CAPSICUM | 1 |
| CHERRY TOMATOES | 1 bag (400g) |
| CORN COBS | 2 |
| CARROT | 1 |
| BOMBAY BURGER MIX | 1 packet |
| MINT | 1/2 bunch * |
| MANGO CHILLI CHUTNEY | 1/2 jar * |

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground coriander, chilli flakes, red wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

We used 1/4 cup to measure out the patty mix evenly. If you use a larger cup you may need to increase the cooking time.

Cooking these patties in the frypan gives them a lovely golden crust. You could also cook them in the oven if preferred.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge onion, slice zucchini and capsicum. Halve tomatoes. Toss on a lined oven tray with **2 tsp coriander**, **1/4 tsp chilli flakes**, **oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



2. PREPARE PATTY MIX

Remove corn from cobs and grate carrot. Combine with burger mix and **1 cup hot water**.



3. COOK THE PATTIES

Heat a frypan over medium-high heat with **oil**. Spoon out even size patties (see notes) and cook for 3-5 minutes each side or until cooked through. Repeat with remaining mixture.



4. PREPARE GARNISHES

Thinly slice mint leaves. Combine 1/2 jar of mango chutney with **2 tbsp olive oil** and **1 tbsp vinegar**. Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Divide the patties and roast vegetables among plates. Garnish with fresh mint and serve with mango chutney.

