



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Turban Chopsticks

Turban Chopsticks is a local Perth-based 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!



## 1 Corn Patties with Veggie Tray Bake

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.



30 minutes



2 servings



Plant-Based

29 June 2020

## Spice it up!

*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.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 32g **CARBOHYDRATES** 87g

## FROM YOUR BOX

SHALLOT	1
ZUCCHINI	1/2 *
RED CAPSICUM	1
CHERRY TOMATOES	1 bag (200g)
CORN COB	1
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 shallot, slice zucchini and capsicum. Halve tomatoes. Toss on a lined oven tray with **1 tsp coriander, 1/8 tsp chilli flakes, oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



### 2. PREPARE PATTY MIX

Remove corn from cob 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.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

