



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

 4 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** 20g **TOTAL FAT** 17g **CARBOHYDRATES** 52g

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.

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

