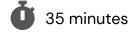




Bean and Tomato Patties

with Mixed Roast Vegetables

Sun-dried tomatoes give these patties a wonderful flavour, served with roasted vegetables and a homemade sun-dried tomato sauce.







Short on time!

Skip step 4 and add the extra tomatoes into the salad. Serve with your favourite tomato or chilli based sauce and/or some mayonnaise.

TOTAL FAT CARBOHYDRATES

18g

52g

FROM YOUR BOX

CARROTS	2
BRUSSEL SPROUTS	150g
BEETROOT	1
TINNED BEANS	400g
SUN-DRIED TOMATOES	100g
CHIVES	1 bunch
QUINOA FLAKE MIX*	15g
ROCKET	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar, maple syrup

KEY UTENSILS

oven tray x 2, stick mixer

NOTES

*Quinoa mix: quinoa flakes and nutritional yeast.

If you have room on the vegetable tray you can add the patties. They can also be cooked in a frypan over medium-high heat with oil.

If you would prefer a thinner sauce, simply add more water



1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop carrots, halve Brussels sprouts and wedge beetroot. Toss on a lined oven tray with 1 tsp oregano, oil, salt and pepper. Roast for 20-25 minutes until tender.



2. MIX THE PATTIES

Drain and rinse beans. Place into a bowl and mash. Chop sun-dried tomatoes and chives. Add three quarters of the tomatoes, half the chives, **2 tbsp oil, salt and pepper** to bowl along with quinoa flake mix. Mix well.



3. COOK THE PATTIES

Using a 1/4 cup measure and **oiled** hands, shape patties and place onto a lined oven tray (see notes). Place into oven and cook for 15 minutes or until golden.



4. MAKE THE DRESSING

Place remaining tomatoes into a jug with 1 tbsp olive oil, 1 tbsp vinegar, 1/2 tsp oregano, 1/3 cup water and 1/2 tbsp maple syrup. Blend to a smooth consistency (see notes). Season with salt and pepper.



5. TOSS THE VEGETABLES

Place rocket into a large bowl. Add vegetables and toss together with 1/2 tbsp olive oil.



6. FINISH AND SERVE

Serve salad and patties onto plates. Sprinkle with remaining chives and add sauce to taste.

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



