



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Brussels Sprouts

Brussels sprouts are full of health benefits; they help lower cholesterol, balance hormone levels, improve digestion, protect the heart and aid the immune system.



12

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.



35 minutes



2 servings



Plant-Based

20 May 2022

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	11g	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**

