



Product Spotlight: Apples

"An apple a day keeps the doctor away" is well-known nutritional advice! Apples help control insulin levels by slowly releasing sugar into the bloodstream. They are also full of vitamins C & A, which will help battle the cold & flu!



Bombay Patties

with Tomato Salsa and Relish

Lightly spiced patties enriched with chickpeas. Served with fresh tomato, apple and cucumber salsa, and tomato relish.



30 minutes



2 servings



Plant-Based

6 January 2023

Make Burgers!

Make the mixture into larger burger-size patties to cook. Slice tomatoes and cucumber. Grab some burger buns and construct using the sliced vegetables, leaves and relish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	18g	78g

FROM YOUR BOX

BOMBAY MIX *	1 packet
TINNED CHICKPEAS	400g
SHALLOT	1
TOMATO	1
LEBANESE CUCUMBER	1
RED APPLE	1
MINT	1 packet
BABY COS LETTUCE	1
TOMATO RELISH	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice)

KEY UTENSILS

large frypan, kettle

NOTES

You could make the patties much smaller (1 tbsp) and serve them as finger food.

*Bombay mix: chickpea flour, lupin flakes, spices



1. MAKE THE PATTIES

Boil the kettle.

Mix Bombay burger mix with **3/4 cup water** and **2 tbsp oil** in a large bowl. Drain and roughly chop the chickpeas and finely chop shallot adding to bowl as you go. Combine well. Set aside.



4. COOK THE PATTIES

Heat a frypan with **oil** over medium heat. Use 1/4 cup measure and **oiled** hands to shape patties and add to pan. Cook the patties in batches for 3-4 minutes each side or until cooked through and golden brown (see notes).



2. MAKE THE SALSA

Dice tomato, cucumber and apple. Roughly chop mint (keep a little for garnish). Toss together in a bowl with **1/2 tbsp olive oil**, **1 tsp vinegar**, **salt and pepper**.



5. FINISH AND SERVE

Serve patties onto plates with lettuce and salsa. Add relish on the side and sprinkle with reserved mint.



3. PREPARE THE LETTUCE

Wash and pull lettuce apart into single leaves. Place into a bowl and keep in refrigerator.

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**

