



Product Spotlight: Lupin Crumbing Mix


This dish features the Super Lupin Crumbing Mix from The Lupin Co. Deliciously nutritious, this clever mix of lupin, herbs and spices is an excellent source of fibre and protein.




Crumbed Bean Patties

with Dill Slaw

Crumbed white bean patties cooked in the pan until golden and served with an apple, cabbage and dill coleslaw, sweet potato wedges and mayonnaise for dipping.

 35 minutes

 4 servings

 Plant-Based

3 March 2022

Mix it up!

Add crushed garlic or chopped fresh herbs such as parsley and coriander into the patties for an extra flavour boost!

Per serve: **PROTEIN** 24g **TOTAL FAT** 35g **CARBOHYDRATES** 85g

FROM YOUR BOX

SWEET POTATOES	800g
VEGAN MAYONNAISE	1 jar
LEMON	1
RED APPLE	1
DILL	1 packet
COLESLAW	1 bag
TINNED BUTTER BEANS	2 x 400g
CARROT	1
LUPIN CRUMB	1 packet (100g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, curry powder, apple cider vinegar

KEY UTENSILS

oven tray, frypan

NOTES

Mash the beans roughly so that half is smooth and half still has texture.

The patties can be delicate, so try and only turn them once when cooking.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes or until tender and golden.



2. PREPARE THE SLAW

Whisk together 2 tbsp mayonnaise, juice from 1/2 lemon (wedge remaining) and **1 tbsp olive oil**.

Slice apple and chop dill. Toss together with coleslaw and dressing. Season with **salt and pepper**.



3. PREPARE THE PATTY MIX

Drain and roughly mash beans with a fork in a bowl (see notes). Grate carrot and combine with beans, 1 1/2 tbsp lupin crumb and **3 tsp curry powder**. Season with **salt and pepper**.



4. CRUMB THE PATTIES

Use oiled hands to shape evenly sized patties. Press into remaining lupin crumb to coat.



5. COOK THE PATTIES

Heat a frypan over medium-high heat and cover base with **oil**. Cook patties, in batches, for 3-4 minutes each side until golden (see notes). Remove to drain on paper towel.



6. FINISH AND PLATE

Divide patties, slaw and sweet potato wedges among plates. Serve with lemon wedges and remaining mayonnaise for dipping.

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