



### 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.



## 14 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

 4 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** 17g **TOTAL FAT** 11g **CARBOHYDRATES** 50g

## FROM YOUR BOX

CARROTS	3
BRUSSELS SPROUTS	300g
BETROOTS	2
TINNED BEANS	2 x 400g
SUN-DRIED TOMATOES	200g
CHIVES	1 bunch
QUINOA FLAKE MIX*	25g
ROCKET	1 bag (120g)

## 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.

The patties can also be cooked in a frypan over medium-high heat with oil.

If you would prefer a thinner sauce simply add some extra water.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop carrots, halve Brussels sprouts and wedge beetroots. Toss on a lined oven tray with **2 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. Place into oven and cook for 15 minutes or until golden (see notes).



### 4. MAKE THE DRESSING

Place remaining tomatoes into a jug with **2 tbsp olive oil, 1 tbsp vinegar, 1/3 cup water** and **1 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 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**

