





# **Product Spotlight: Apples**

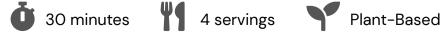
"An apple a day keeps the doctor away" is well-known nutritional advice! Apples help control insulin levels by slowly releasing sugar into the bloodstream. They are also full of vitamins C & A, which will help battle the cold & flu!



# **Bombay Patties**

# with Tomato Salsa and Relish

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







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.

TOTAL FAT CARBOHYDRATES

17g 13g

# FROM YOUR BOX

MINI BOMBAY BURGER MIX	1 packet
TINNED CHICKPEAS	400g
BROWN ONION	1
TOMATOES	2
LEBANESE CUCUMBER	1
RED APPLES	2
MINT	1 packet
GEM LETTUCE	3-pack
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.



### 1. MAKE THE PATTIES

Boil the kettle.

Mix Bombay burger mix with 1 cup boiling water in a large bowl. Drain and roughly chop the chickpeas and finely chop onion adding to bowl as you go. Combine well. Set aside.



# 2. MAKE THE SALSA

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



## 3. PREPARE THE LETTUCE

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



# 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).



# **5. FINISH AND SERVE**

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





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 O481 072 599 or send an email to hello@dinnertwist.com.au