




### Product Spotlight: Carrots


Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



## J2 **Smokey Tempeh Burgers** with Carrot Chips

Pickled cucumber and roasted tomatoes give these burgers a tasty twist; they're finished with Burger Relish from Beerenberg and served with carrot chips.

 25 minutes

 2 servings

 Plant-Based

22 July 2022

## Keep it simple!

*Instead of roasting all the carrots keep one fresh and grate it for the burgers. Keep tomato fresh and skip the pickling of the cucumber.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 12g **CARBOHYDRATES** 84g

## FROM YOUR BOX

CARROTS	2
TOMATO	1
LEBANESE CUCUMBER	1
SEASONED TEMPEH	1 packet
BABY COS	1
BURGER BUNS	2-pack
BURGER RELISH	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, sugar (of choice), smoked paprika

## KEY UTENSILS

oven tray, large frypan

## NOTES

Add some chilli flakes or cumin seeds for extra flavour.

Toast the buns in a sandwich press, in the same frypan as you cooked the burgers, or in the oven.

Add some plant-based mayonnaise if you have some.



### 1. ROAST THE CARROTS

Set oven to 200°C.

Cut carrots into chips and tomato into thick rounds. Toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast for 15 minutes or until golden and tender.



### 2. PICKLE THE CUCUMBERS

In a glass or ceramic bowl whisk together **2 tbsp vinegar, 1/2 tsp salt** and **2 tsp sugar**. Use a vegetable peeler to ribbon cucumber. Add to vinegar, toss well and set aside.



### 3. COOK THE TEMPEH

Heat a frypan over medium-high heat. Cut tempeh into fingers and coat with **1/2 tbsp smoked paprika** and **oil**. Cook for 2 minutes each side or until heated through.



### 4. PREPARE THE LETTUCE

Wash and shred the lettuce.



### 5. TOAST THE BUNS

Halve hamburger buns and toast using your preferred method (see notes).



### 6. FINISH AND SERVE

Construct burgers with relish, tempeh, tomato, lettuce and cucumbers. Serve with carrot chips and extra relish for dipping (see notes).

**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**

