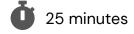




# **Smokey Tempeh Burgers** with Carrot Chips

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







# 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.

84g

#### FROM YOUR BOX

CARROTS	2
ТОМАТО	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).



