



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.



J4 Smokey Soy 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

 4 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 tomatoes fresh and skip the pickling of the cucumber.

Per serve: **PROTEIN** 16g **TOTAL FAT** 20g **CARBOHYDRATES** 81g

FROM YOUR BOX

CARROTS	3
TOMATOES	2
LEBANESE CUCUMBERS	2
SOY BURGERS	1 packet
BABY COS	1
BURGER BUNS	4-pack
BURGER RELISH	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, 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 tomatoes 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 **3 tbsp vinegar, 1 tsp salt** and **3 tsp sugar**. Use a vegetable peeler to ribbon cucumber. Add to vinegar, toss well and set aside.



3. COOK THE BURGERS

Heat a frypan over medium-high heat. Rub burgers with **1 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, burgers, 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**

