



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Tomatoes

Did you know tomatoes are considered an everyday superfruit? Naturally high in lycopene, they may protect your DNA from damage, which, in turn, helps prevent various cancers.



Spice it up!

Add some extra flavour to your chutney with chilli flakes for heat, or some chopped rosemary, fennel seeds or other favourite dried herb. Any extra chutney will keep in the fridge, in an air-tight container, for 1-2 weeks and is excellent with cheese.

J4

Bunless Soy Burgers

with Homemade Tomato Chutney and Wedges

Soy burgers served on crunchy lettuce leaves finished with homemade tomato chutney and accompanied with BBQ spiced potato wedges.



35 minutes



4 servings



Plant-Based

28 October 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	17g	82g

FROM YOUR BOX

BABY POTATOES	800g
BBQ SPICE MIX	1 packet (30g)
BROWN ONION	1
GREEN APPLE	1
TOMATOES	3
BABY COS LETTUCE	1
GREEN CAPSICUM	1
LEBANESE CUCUMBER	1
SOY BURGERS	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, frypan, saucepan

NOTES

If preferred, you can use a stick mixer to process the chutney to a sauce-like consistency or mash it with a potato masher to help break it down.

Adjust the seasoning of your chutney with vinegar and sugar. The taste will vary depending on the ripeness of the tomatoes and the sweetness in the apple.



1. COOK THE WEDGES

Set oven to 220°C.

Wedge potatoes and toss on a lined oven tray with 1 tbsp spice mix and **oil**. Cook for 20–25 minutes until golden and crispy.



2. SAUTÉ THE ONION

Heat a saucepan with **oil**. Thinly slice and add onion, cook for 5 minutes until softened.



3. MAKE THE CHUTNEY

Grate apple and finely dice tomatoes. Add to pan along with remaining spice mix, **1 tbsp vinegar**, **1 tbsp sugar** and **1 cup water**. Simmer uncovered for 10–15 minutes or until reduced and mushy. Season to taste with **salt and pepper** (see notes).



4. PREPARE THE SALAD

Wash and separate the lettuce. Slice capsicum and cucumber. Keep separate on a plate.



5. COOK THE BURGERS

Heat a frypan over medium-high heat with **oil**. Add burgers and cook for 2 minutes each side or until heated through.



6. FINISH AND SERVE

Layer burgers, capsicum and cucumber into lettuce leaves. Add a dollop of chutney on the top and serve with wedges and extra chutney for dipping.

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**

