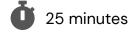


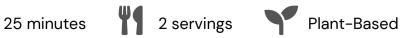


Veggie Burgers with Beetroot Chips

Veggie burgers with delicious caramelised onions, fresh salad, and home made beetroot chips.







Spice it up!

Add some ground cumin or coriander to the beetroot chips. Add more flavour to the caramelised onions with 1 tsp of seeded mustard!

FROM YOUR BOX

BEETROOT	2
BROWN ONION	1
ТОМАТО	1
BABY COS LETTUCE	1
AVOCADO	1
VEGGIE BURGERS	2
BURGER BUNS	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

If you have a mandolin you can use it to evenly slice the beetroot. You may get more crunch if you can spread the beetroot over 2 trays.

Buns can be toasted in the frypan, under the grill in the oven or in a sandwich press.

Add any extra sauces if you desire.



1. COOK THE CHIPS

Set oven to 220°C.

Wash and trim beetroot. Slice thinly (see notes), and toss with oil, salt and pepper on a lined oven tray. Spread out evenly and cook for 15–20 minutes until crispy.



2. COOK THE ONIONS

Heat a frypan over medium-high heat with oil. Slice and add onion with 1/2 tbsp balsamic vinegar and salt. Cook, stirring occasionally, for 8-10 minutes until golden and caramelised. Remove to a bowl, keep pan.



3. PREPARE FRESH SALAD

Slice tomato, wash and tear the lettuce. Mash avocado in a bowl with 1 tbsp olive oil, 1 tbsp water, salt and pepper.



4. COOK THE BURGERS

Re-heat pan with **oil**. Add burgers and cook for 4-5 minutes each side, or until heated through.



5. TOAST BUNS (OPTIONAL)

Slice buns in half and toast using your preferred method (see notes).



6. FINISH AND SERVE

Construct the burgers with mashed avocado, salad, burger and caramelised onions (see notes). Serve with beetroot chips on the side.



