



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Abhi's Bread


Abhi's Bread was established in 1994 with the goal of using the best local quality ingredients to provide the most traditional organic handcrafted bread.



L2 Vegetarian Burgers With Grated Beetroot and Dip

Delicious veggie burgers assembled in fresh wholemeal buns from Abhi's bakery with dip and fresh and crunchy vegetables.

 30 minutes

 2 servings

 Vegetarian

4 March 2022

Bulk it up!

Bulk up your burgers by adding a sunny fried egg or some sautéed mushrooms. You can also add a side of roasted sweet potatoes or wedges.

Per serve: **PROTEIN** 25g **TOTAL FAT** 30g **CARBOHYDRATES** 93g

FROM YOUR BOX

AVOCADO	1
TOMATO	1
BABY COS LETTUCE	1
BEETROOT	1
VEGGIE PATTIES	1 packet
DIP	1 tub
WHOLEMEAL BURGER BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan

NOTES

Make fancy mashed avo by adding minced garlic, lemon or lime juice and dried chilli flakes. Or you can simply slice it.

No gluten option – wholemeal burger buns are replaced with gluten free buns.



1. PREPARE THE FILLINGS

Mash avocado with **salt and pepper** (see notes). Slice tomato and lettuce. Grate beetroot. Arrange on a platter with dip.



2. WARM THE PATTIES

Heat a frypan over medium-high heat with **oil**. Add veggie patties to pan to warm. Remove from pan and keep pan over heat.



3. WARM THE BUNS

Slice burger buns in half and toast in the frypan.



4. FINISH AND SERVE

Assemble burgers at the table with patties, buns and prepared fillings.

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

