



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.



## L4 Vegetarian Burgers With Grated Beetroot and Dip

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

 30 minutes

 4 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** 14g **TOTAL FAT** 26g **CARBOHYDRATES** 74g

## FROM YOUR BOX

AVOCADOS	2
TOMATOES	2
BABY COS LETTUCE	1
BEETROOT	1
VEGGIE PATTIES	1 packet
DIP	1 tub
TINNED PINEAPPLE	225g
WHOLEMEAL BURGER BUNS	4-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 avocados with **salt and pepper** (see notes). Slice tomatoes 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. COOK THE PINEAPPLE

Drain pineapple. Add to the frypan and cook for 1-2 minutes each side. Remove from pan and keep pan over heat.



### 4. WARM THE BUNS

Slice burger buns in half and toast in the frypan in batches.



### 5. 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**

