



# **3. OPEN PUMPKIN BURGERS**

WITH SMOKED GOUDA





Plant-based

Golden roasted pumpkin slices in place of your typical burger bun! Eaten as a stacked meal, this burger has all the trimmings including fresh salad, smoked gouda nut cheese and pickled onion.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
17g	11g	83g

1 June 2020

## FROM YOUR BOX

BUTTERNUT PUMPKIN	2/3 *
RED ONION	1/4 *
ТОМАТО	1
BABY COS LETTUCE	1
SMOKED GOUDA	1/2 packet *
SHREDDED BEETROOT	1/2 bag *
VEGGIE BURGERS	1 packet
GREEN GODDESS SAUCE	1/2 bottle *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, white wine vinegar

# **KEY UTENSILS**

oven tray, frypan

## NOTES

Use the top end of the pumpkin to make the rounds. Reserve the bottom for recipe 4.

Combine the green goddess sauce with some mayonnaise for a more child friendly sauce.



# **1. ROAST THE PUMPKIN**

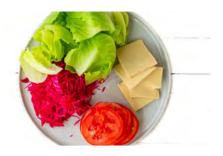
#### Set oven to 220°C.

Slice top half of pumpkin into 4 x even with 1/4 cup 1.5cm slices (see notes). Coat with oil, and set aside. salt and pepper. Roast on a lined oven tray for 20-25 minutes until cooked through.



# 2. PICKLE THE ONION

Slice the onion and place in a small bowl with **1/4 cup vinegar**. Season with **salt** and set aside.



# **3. PREPARE THE FILLINGS**

Slice the tomato. Roughly tear lettuce leaves. Slice smoked gouda. Set aside with shredded beetroot.



## 4. COOK THE BURGERS PATTIES

Heat a frypan over medium-high heat with **oil**. Cook burger patties for 3-4 minutes each side or until warmed through.

## **5. FINISH AND PLATE**

Assemble the burgers at the table with a pumpkin slice base, burger patty, smoked gouda, pickled onion and fresh salad fillings. Use green goddess sauce to taste.



