



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BUTTERNUT PUMPKIN

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



3. OPEN PUMPKIN BURGERS WITH SMOKED GOUDA

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.

 30 Minutes

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	7g	63g

1 June 2020

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1/2 *
CONTINENTAL CUCUMBER	1/2 *
TOMATOES	2
BABY COS LETTUCE	1
SMOKED GOUDA	1/2 packet *
SHREDDED BEETROOT	1/2 bag *
VEGGIE BURGERS	2 packets
GREEN GODDESS SAUCE	1/2 bottle *

* Ingredient also used in another recipe

FROM YOUR PANTRY

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

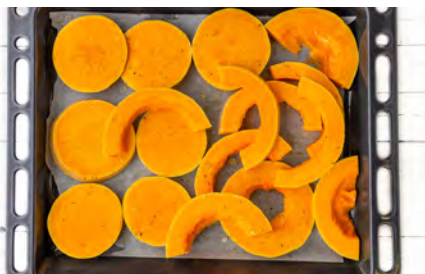
KEY UTENSILS

oven tray, frypan

NOTES

Slice the top end of the pumpkin into rounds. Halve the bottom half to remove the seeds and then slice into crescents to make chips!

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



1. ROAST THE PUMPKIN

Set oven to 220°C.
Slice pumpkin into even 1.5cm slices (see notes). Coat with **oil, salt and pepper**. Roast on a lined oven tray for 20-25 minutes until cooked through.



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.



2. PICKLE THE ONION

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



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.



3. PREPARE THE FILLINGS

Slice cucumber and tomatoes. Roughly tear lettuce leaves. Slice smoked gouda. Set aside with shredded beetroot.