



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 BEEF BURGER

WITH A PUMPKIN BUN

 30 Minutes

 4 Servings

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 and pickled onion.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
12g	3g	41g

1 June 2020

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1/2 *
CONTINENTAL CUCUMBER	1/2 *
TOMATOES	2
BABY COS LETTUCE	1
SHREDDED BEETROOT	1/2 bag *
BEEF MINCE	600g
QUINOA FLAKES	1 packet (30g)
GREEN GODDESS SAUCE	1/2 bottle *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground cumin, white wine vinegar, sweet chilli sauce

## 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.

**No beef option - beef mince is replaced with chicken mince.**



### 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.



### 2. PICKLE THE ONION

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



### 3. PREPARE THE FILLINGS

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



### 4. MAKE THE BURGER PATTIES

Combine beef mince with quinoa flakes, **1/2 tbsp sweet chilli sauce, 1 tbsp cumin, salt and pepper**. Use oiled hands to shape 4 patties.



### 5. COOK THE BURGERS

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



### 6. FINISH AND PLATE

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