



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

 30 Minutes

 2 Servings

 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 *
TOMATO	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 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.



3. PREPARE THE FILLINGS

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



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.