



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capers


Capers are actually little flower buds!
They come from a plant called Finders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



2 Dukkah White Bean Patties with Apple Coleslaw

White bean patties coated in dukkah, served with a fresh coleslaw of green apple, fennel, celery and Brussels sprouts.

 35 minutes

 2 servings

 Plant-Based

8 October 2021

Stretch it out!

The dukkah crusted patties and coleslaw would make great burger fillings. If you want to stretch this dish out to feed more people, grab some burger buns and fill them with the coleslaw and patties.

Per serve: **PROTEIN** 17g **TOTAL FAT** 31g **CARBOHYDRATES** 50g

FROM YOUR BOX

TINNED CANNELLINI BEANS	400g
CARROT	1
DUKKAH	1 packet (15g)
FENNEL	1
CELERY STICK	1
BRUSSELS SPROUTS	1 bag (150g)
GREEN APPLE	1
CAPERS	1/2 jar *
CASHEW CREAM CHEESE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, apple cider vinegar, seeded mustard, maple syrup

KEY UTENSILS

oven tray

NOTES

If you don't have seeded mustard you can use dijon or yellow mustard.

Make your capers crispy! Heat a frypan with oil over medium-high heat. Drain, rinse and pat dry capers. Add to pan and cook for 5-7 minutes until crispy. Remove to a plate with paper towel.



1. MIX THE PATTIES

Set oven to 220°C.

Drain and rinse cannellini beans. Use a potato masher or fork to mash beans. Grate carrot and add to bowl along with **1 tsp mustard, salt and pepper**. Mix to combine. Use **oiled** or wet hands to form 1/4 cup sized patties.



2. ROAST THE PATTIES

Empty dukkah onto a plate. Press patties into dukkah to crumb, then arrange on a lined oven tray. Roast for 12-15 minutes until golden.



3. MAKE THE DRESSING

In a large bowl whisk together **2 tsp mustard, 3 tsp vinegar, 2 tbsp olive oil, 1 tsp maple syrup, salt and pepper**.



4. MAKE THE COLESLAW

Thinly slice fennel (reserve any fronds for garnish) and celery. Halve and thinly slice Brussels sprouts. Cut apple into batons, drain and rinse capers. Add to bowl with dressing. Toss until well coated.



5. MIX THE CASHEW CHEESE

In a small bowl mix cashew cream cheese with **1 tbsp water** to loosen.



6. FINISH AND SERVE

Divide coleslaw and patties among plates. Dollop over cashew cream cheese. Garnish with any reserved fennel fronds.

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**

