



### Product Spotlight: Mustard


By some accounts, mustard was the first condiments that humans put on their foods. Romans were the first to grind the seeds to mix into a spreadable paste.



## 3 Adzuki Burgers with Vegetable Kebabs

Adzuki and kumara burger patties and vegetable kebabs spiced with paprika, served with a mustard sauce.

 30 minutes

 2 servings

 Plant-Based

10 December 2021

## Bake it!

*If you don't want to make the vegetable kebabs you can prepare the vegetables and toss them with seasoning on a lined oven tray. Roast for 15-20 minutes or until tender.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 27g **CARBOHYDRATES** 42g

## FROM YOUR BOX

GREEN CAPSICUM	1
ZUCCHINI	1
CORN COB	1
BUTTON MUSHROOMS	1 bag (150g)
MUSTARD	1 jar
VEGGIE BURGERS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice, ground paprika, maple syrup, skewers (see notes)

## KEY UTENSILS

2 frypans

## NOTES

If you're using wooden skewers, soak them in water before using (ideally for 30 minutes or longer) to prevent them from burning.

You could cook this dish entirely on the BBQ or in a griddle pan if desired.



### 1. PREPARE VEGETABLES

Cut capsicum and zucchini into similar size pieces. Slice corn into thin cobettes and halve mushrooms. Toss in a bowl with **oil, 2 tsp paprika, salt and pepper** until well coated.



### 2. COOK THE KEBABS

Thread vegetables onto skewers. Heat a frypan (see notes) over medium-high heat. Cook, turning occasionally, for 8-10 minutes or until vegetables are tender.



### 3. PREPARE THE SAUCE

Whisk together mustard, **1 tbsp vinegar, 1 tbsp water, 1/2 tsp maple syrup and 2 tbsp olive oil**. Season with **salt and pepper**.



### 4. COOK THE BURGERS

Heat a frypan over medium-high heat with **oil**. Add burgers and cook for 2-4 minutes each side or until crispy and warmed through.



### 5. FINISH AND SERVE

Divide kebabs and burgers among plates. Serve with mustard sauce.

**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**

