




Product Spotlight: Sweet Potato


Sweet potatoes are rich in beta-carotene, converted by our bodies to vitamin A. Research shows diets rich in beta-carotene can be protective against colon and prostate cancer.



3 Crumbed Bean Patties with Yoghurt Sauce

White bean patties crumped in lemon pepper lupin crumbs, served with a fresh coconut yoghurt sauce and sweet potato wedges.

 35 minutes

 2 servings

 Plant-Based

31 December 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	15g	75g

FROM YOUR BOX

SWEET POTATOES	1 bag (400g)
TINNED BUTTER BEANS	400g
CARROT	1
LUPIN CRUMBS	1 packet (20g)
PARSLEY	1 bunch
LEMON	1
COCONUT YOGHURT	1 tub (125g)
WATERCRESS	1 sleeve

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

oven tray, large frypan

NOTES

Mash the beans roughly so that half is smooth and half still has texture.

The patties can be delicate so try to only turn once while cooking.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes or until golden and tender.



2. PREPARE THE PATTIES

Drain and roughly mash beans with a fork (see notes). Grate carrot. Add to a bowl along with 1 tsp lupin crumbs, **1 tsp cumin, salt and pepper**. Tip remaining lupin crumb onto a plate. Shape into 4 patties and press into crumb to coat.



3. COOK THE PATTIES

Heat a frypan over medium-high heat and cover base with **oil**. Cook patties for 3-4 minutes each side until golden (see notes). Remove to a plate with paper towel.



4. MAKE YOGHURT SAUCE

Finely slice parsley leaves. Zest and juice 1/2 lemon (wedge remaining to serve). Add to a bowl with yoghurt and stir to combine. Season with **salt and pepper**.



5. FINISH AND SERVE

Trim watercress. Divide evenly among plates along with sweet potato wedges and patties. Serve with yoghurt sauce and lemon wedges.

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

