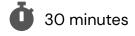


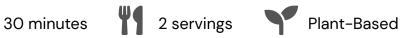


Veggie Burgers with Curried Chips

Bun-less veggie burgers served with fresh vegetables, coriander coconut yoghurt sauce and curry roasted chips.







Break up the burger patties and add some tinned beans or a grated zucchini to make extra patties. Pick up a packet of wholemeal rolls and you can stretch this meal out to get a few more servings.

TOTAL FAT CARBOHYDRATES

15g 22g

FROM YOUR BOX

MEDIUM POTATOES	2
PARSNIPS	2
LEBANESE CUCUMBER	1
CARROT	1
ROCKET LEAVES	1 bag (60g)
CORIANDER	1 packet
COCONUT YOGHURT	1 tub (125g)
VEGGIE BURGER PATTIES	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, rice wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

If you prefer your rocket leaves dressed, add them to the bowl with the cucumber and toss to combine.



1. ROAST THE CHIPS

Set oven to 220°C.

Cut potatoes and parsnips into chips. Toss on a lined oven tray with **oil**, **2 tsp curry powder**, **salt and pepper**. Roast for 20–25 minutes until golden and crispy.



2. PREPARE INGREDIENTS

Thinly slice the cucumbers. Add to a bowl along with 1 tbsp vinegar (see notes). Ribbon carrot and set aside with rocket leaves.



3. MIX THE YOGHURT

Thinly slice coriander (including stems). Mix in a small bowl with yoghurt, along with 1 tsp vinegar and 1 tbsp water. Season with salt and pepper.



4. COOK THE BURGERS

Heat a frypan over medium-high heat with oil. Add burger patties and cook for 3 minutes each side.



5. FINISH AND SERVE

Divide chips among plates. Make burger stacks with vegetables, burger patty and yoghurt sauce.



