



### Product Spotlight: Parsnip


Parsnip is a type of root vegetable that belongs to the carrot family. They are high in fibre and folate, and vitamins C and E.



## 4 Veggie Burgers with Curried Chips

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

 30 minutes

 2 servings

 Plant-Based

29 October 2021

## Stretch it out!

*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.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 22g **CARBOHYDRATES** 71g

## 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.

**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**

