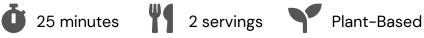


Product Spotlight: Cucumber

A cucumber is 96% water! It helps you to flush out toxins in your body and all that water acts as a virtual broom, sweeping away waste products from your system.



Just like a burger but in a bowl! Delicious veggie burgers from Fresh Larder and crisp salad, finished with a delicious tomato mustard "special sauce".



8 February 2021





You can add pickles, sliced radish or nut cheese to the bowl. Or you can serve the salad in burger buns and with roast potato chips on the side.

FROM YOUR BOX

SHALLOT	1
BABY COS LETTUCE	1*
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
AVOCADO	1
CARROT	1
VEGGIE BURGERS	2-pack
SPECIAL SAUCE	1 jar (to taste)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, red wine vinegar, sugar (brown or of choice)

KEY UTENSILS

frypan

NOTES

You can cook the burger patties on the BBQ for extra char if preferred!

Any leftover special sauce is great served with oven roasted chips.



1. PICKLE THE SHALLOT

Slice shallot and place in a bowl with 2 tbsp vinegar, 2 tsp sugar, salt and pepper. Set aside.



2. PREPARE THE SALAD

Roughly tear and rinse lettuce leaves. Slice cucumber and capsicum. Dice avocado. Julienne or grate carrot. Set aside.



3. COOK THE PATTIES

Heat a frypan over medium-high heat with **oil.** Cook burger patties for 3-4 minutes each side until golden and heated through.



4. FINISH AND PLATE

Divide even amounts of salad among bowls. Break apart burger patties and place on top. Garnish with picked shallot and dollop with special sauce.

