




### 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.



## 1 Veggie Burger Bowl with Special Sauce

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".

 25 minutes

 2 servings

 Plant-Based

8 February 2021

## Stretch the dish!

*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.*

Per serve: **PROTEIN** 13g **TOTAL FAT** 50g **CARBOHYDRATES** 72g

## 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 pickled shallot and dollop with special 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](mailto:hello@dinnertwist.com.au)

