




### Product Spotlight: Avocado


Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



## 4 Lettuce Cups With Avocado Ranch

Flavourful veggie patties served with fresh salsa in lettuce cups and a home made avocado ranch sauce.

 30 mins

 2 servings

 Plant-Based

6 August 2021

## Herb it up!

*Add a garlic clove and some fresh leafy herbs like mint, coriander or chives to your avocado ranch to boost the flavour.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 19g **CARBOHYDRATES** 101g

## FROM YOUR BOX

|                   |              |
|-------------------|--------------|
| POTATOES          | 400g         |
| PARSLEY           | 1 packet     |
| AVOCADO           | 1            |
| VEGGIE PATTIES    | 1 packet     |
| LEBANESE CUCUMBER | 1            |
| CHERRY TOMATOES   | 1 bag (200g) |
| BABY COS LETTUCE  | 1            |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, mustard of your choice (see notes), red wine vinegar

## KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer (or small food processor)

## NOTES

We used dijon mustard for a smooth finish.



### 1. MAKE WEDGES

Set oven to 220°C.

Cut potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes.



### 2. MAKE AVOCADO RANCH

Blend parsley leaves with avocado, **1/2 tbsp mustard, 2 tbsp vinegar, 1/4 cup water, salt and pepper**, using a stick mixer until smooth.



### 3. COOK THE PATTIES

Heat a frypan over medium-high heat with **oil**. Crumble in veggie patties. Cook for 3–5 minutes until warmed through.



### 4. PREPARE SALSA

Dice cucumber and quarter or halve tomatoes. Drizzle over **olive oil**, season with **salt and pepper**.



### 5. FINISH AND PLATE

Separate and rinse lettuce leaves. Use as cups, stuff with patty mince and salsa. Serve with wedges and avocado ranch.

**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**

