




## Product Spotlight: Sweet Potato


Sweet potatoes retain most of their nutrients after they have been cooked. You don't need to limit sweet potatoes to savoury dishes. As they are naturally sweet they can easily be added to muffins, brownies or cakes!



# 1 Lemon Umami Burgers with Asparagus

Burgers served with sautéed vegetables on mashed sweet potato, with a lemon and miso sauce.

 30 minutes

 2 servings

 Plant-Based

12 November 2021

## Switch it up!

*Instead of mashing your sweet potato you can cut it into wedges and roast in the oven at 220°C for 20-25 minutes or until golden and crispy.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 17g **CARBOHYDRATES** 65g

## FROM YOUR BOX

SWEET POTATOES	400g
PROTEIN PATTY MIX	1 packet
ASPARAGUS	1 bunch
RADISHES	1/2 bunch *
CHERRY TOMATOES	1/2 bag (100g) *
LEMON	1
MISO GLAZE	2 tbsp

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you like an extra creamy mash add in milk of choice to taste.

If you are wanting to have leftovers you can make up all of the protein patty mix. Alternatively, you can use it as the base for a spaghetti bolognese, or lasagna, or add grated veggies to it and make small fritters to have as snacks.



### 1. COOK THE SWEET POTATO

Roughly chop sweet potato. Add to a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until softened. Drain and roughly mash with **2 tsp olive oil**. Season with **salt and pepper** (see notes).



### 2. PREPARE THE BURGERS

Add 1/2 protein patty mix (see notes) to a large bowl along with **150ml water**. Season with **salt and pepper**. Stir to combine and set aside.



### 3. COOK THE VEGETABLES

Heat a frypan over medium–high heat with **oil**. Trim and halve asparagus. Wedge radishes and halve cherry tomatoes. Add to pan. Cook for 5–6 minutes or until tender. Zest lemon to yield 2 tsp, stir through. Season with **salt and pepper**. Remove from pan.



### 4. MAKE THE LEMON SAUCE

Reduce pan heat to low. Add **2 tbsp olive oil**, **2 tbsp water**, miso glaze and lemon juice. Crush in **1 garlic clove**. Cook, stirring, for 1 minute. Remove to a bowl.



### 5. COOK THE BURGERS

Reheat frypan over medium–high heat with **oil**. Form mixture into 2 burgers. Add to pan and cook, covered, for 4 minutes each side.



### 6. FINISH AND SERVE

Divide mash, vegetables and burgers among plates. Spoon over 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)

