



### Product Spotlight: Avocado

Did you know that avocado is a fruit?  
Just 1/3 of an avocado contains  
20 different vitamins and minerals! It is  
the only fruit to contain heart healthy  
monounsaturated fat...good fat!



## 1 Veggie Burger Stacks with Sweet Chilli Relish

Sweet potato burger patties stacked with crisp lettuce, ribboned salad, avocado and a chilli relish all served alongside golden potato wedges.

 30 minutes

 2 servings

 Plant-Based

30 November 2020

### Spice it up!

*If you're sensitive to spice you can mix the chilli relish with some mayonnaise or yoghurt. Alternatively replace the relish with your sauce of choice!*

Per serve: **PROTEIN** 14g **TOTAL FAT** 27g **CARBOHYDRATES** 93g

## FROM YOUR BOX

POTATOES	400g
BABY COS LETTUCE	1
AVOCADO	1
CARROT	1
LEBANESE CUCUMBER	1
VEGGIE BURGERS	2 pack
SWEET CHILLI RELISH	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## KEY UTENSILS

frypan, oven tray

## NOTES

Add some dried herbs or spice to the chips to add extra flavour!

You could cut the carrot and cucumber into veggie sticks instead for children.

If you don't have a non-stick frypan, add some oil to the pan or coat the burgers with oil.



### 1. BAKE THE CHIPS

Set oven to 220°C.

Cut potatoes into chips and toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast in oven for 20–25 minutes until golden and cooked through.



### 2. PREPARE THE TOPPINGS

Separate, rinse and roughly tear lettuce leaves. Slice avocado. Ribbon carrot and cucumber using a vegetable peeler (see notes). Set aside.



### 3. COOK THE BURGERS

Heat a frypan over medium–high heat. Add burgers and cook for 3–4 minutes each side until heated through (see notes).



### 4. FINISH AND PLATE

Assemble the burgers with lettuce, patty, relish (to taste) and toppings. Serve with chips on the side.

**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**

