



### Product Spotlight: Buckwheat Buns


These buckwheat buns are made locally by Panna Bakery. We love them for their wholesome, organic ingredients including freshly stone milled flours. The buns can be frozen until needed.



## 1 Ratatouille Burgers with Buckwheat Buns

Traditional ratatouille vegetables, roasted with rosemary and garlic, served in a natural gluten-free buckwheat bun from Panna bakery with pesto and a side of chips.

 30 mins

 4 servings

 Plant-Based

15 March 2021

## Spice it up!

*Adding some dried oregano or fresh herbs to the ratatouille is a great way to boost the flavours in your dish.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 21g **CARBOHYDRATES** 91g

## FROM YOUR BOX

BABY POTATOES	600g
DUTCH CARROTS	1 bunch
ROSEMARY STALK	1
GARLIC	1 clove *
EGGPLANT	1
ZUCCHINI	1/2 *
YELLOW CAPSICUM	1
TOMATO	1
MESCLUN LEAVES	1 bag (200g)
BUCKWHEAT BUNS	4
PESTO	1 jar (use to taste)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar

## KEY UTENSILS

2 oven trays

## NOTES

You can grill the veggies and the buns in a griddle pan or on the BBQ for a lovely charred flavour if preferred.

If you're not a fan of fresh tomato you can roast in the oven with the other vegetables.

Any leftover pesto is great with roast vegetables or combined with lemon juice to make a dressing.



### 1. ROAST THE CHIPS

Set oven to 220°C.

Cut potatoes into wedges and trim carrots. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



### 2. PREPARE THE MARINADE

Chop rosemary leaves to yield 1 tsp and crush garlic clove. Combine with **1 1/2 tbsp balsamic vinegar, 1 1/2 tbsp olive oil, salt and pepper**.



### 3. ROAST THE VEGETABLES

Slice eggplant and zucchini into rounds. Slice capsicum. Place on a lined oven tray and coat with balsamic marinade. Roast in oven for 15–20 minutes until cooked through.



### 4. PREPARE THE FILLINGS

Slice tomato. Set aside with mesclun leaves.



### 5. TOAST THE BUNS

Cut buns in half. Place in the oven for 2–3 minutes until toasted (optional).



### 6. FINISH AND PLATE

Assemble the burgers with pesto (to taste), roast veggies and fresh salad. Serve with a side of chips and remaining pesto for dipping.

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