




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

 4 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** 10g **TOTAL FAT** 35g **CARBOHYDRATES** 58g

FROM YOUR BOX

RED ONION	1/2 *
BABY COS LETTUCE	2 pack
LEBANESE CUCUMBER	1
TOMATOES	2
AVOCADO	1
CARROTS	2
VEGGIE BURGERS	2 x 2-pack
SPECIAL SAUCE	1 jar

**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 ONION

Slice onion 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. Dice tomatoes and avocado. Julienne or grate carrots. 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 onion 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

