



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lupin Crumbing Mix

This dish features the Super Lupin Crumbing Mix from The Lupin Co. Deliciously nutritious, this clever mix of lupin, herbs and spices is an excellent source of fibre and protein.



2 Crumbed Bean Patties

with Dill Slaw

Crumbed white bean patties cooked in the pan until golden. Served with an apple, cabbage and dill coleslaw and sweet potato wedges.



35 minutes



4 servings



Plant-Based

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Mix it up!

Try adding crushed garlic or chopped fresh herbs such as parsley and coriander into the patties for an extra boost of flavour!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	40g	85g

FROM YOUR BOX

SWEET POTATOES	800g
SWEET MUSTARD MAYONNAISE	3/4 jar *
RED APPLES	2
DILL	1 packet
COLESLAW	1 bag (400g)
BUTTER BEANS	2 x 400g
CARROT	1
LUPIN CRUMB	1 packet (100g)
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, curry powder, apple cider vinegar

KEY UTENSILS

oven tray, frypan

NOTES

Mash the beans roughly so that half is smooth and half still has texture.

The patties can be delicate, so try to only turn them once when cooking.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes or until tender and golden.



2. PREPARE THE SLAW

Whisk together 1 tbsp mayonnaise, **1 tbsp vinegar** and **2 tbsp olive oil**.

Slice apples and chop dill. Toss together with coleslaw and dressing. Season with **salt and pepper**



3. PREPARE PATTY MIX

Drain and roughly mash beans with a fork in a bowl (see notes). Grate carrot and combine with beans, 1 1/2 tbsp lupin crumb and **3 tsp curry powder**. Season with **salt and pepper**.



4. CRUMB THE PATTIES

Use oiled hands to shape even-sized patties. Press into remaining lupin crumb to coat.



5. COOK THE PATTIES

Heat a frypan over medium-high heat and cover base with **oil**. Cook patties, in batches, for 3-4 minutes each side until golden (see notes). Remove to drain on paper towel.



6. FINISH AND PLATE

Divide patties, slaw and sweet potato wedges among plates. Serve with lemon wedges and mayonnaise for dipping.

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