



### Product Spotlight: Foley's Kim-Chi


Kimchi is a Korean health staple. Foley's recipe contains vitamins A, C, B1, B2, calcium and iron. Foley's Raw Kim-Chi can help your gut digest food faster, enabling more time to process and distribute nutrition.



## 2 Kimchi Coleslaw Burger Stack

Sesame seed crusted burger patties, served over a kimchi coleslaw with an avocado cream.

 30 mins

 4 servings

 Plant-Based

3 September 2021

*Make it traditional!*

*Pick up a packet of burger buns from the shop and make this a traditional burger. That way you may even have enough for leftovers the next day.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 37g **CARBOHYDRATES** 59g

## FROM YOUR BOX

|                     |                |
|---------------------|----------------|
| BURGER PATTY MIX    | 1 packet       |
| AVOCADOS            | 2              |
| CASHEW CREAM CHEESE | 1/2 jar *      |
| SESAME SEED MIX     | 1 packet (20g) |
| PEARS               | 2              |
| SNOW PEAS           | 1 bag (150g)   |
| KALE SLAW           | 1 bag (400g)   |
| KIMCHI              | 1 jar          |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, sesame (or olive) oil, salt and pepper

## KEY UTENSILS

large frypan, stick mixer or blender

## NOTES

If you have any spare veggies in the fridge such as zucchini or corn you can add them to the burger patty mix. Add extra water if needed.



### 1. MAKE THE BURGER MIX

Place burger patty mix into a bowl with **300ml water** and **salt**. Stir to combine. Set aside.



### 2. MAKE AVOCADO CREAM

Dice 1 avocado. Blend with 3 tbsp cashew cream cheese and **3 tbsp water** to a smooth consistency using a stick mixer. Season with **salt and pepper**.



### 3. COOK BURGER PATTIES

Heat a frypan over medium-high heat with **oil**. Form burger mix into four patties. Coat in sesame seeds (reserve 1 tbsp for garnish.) Cook for 5 minutes on each side (in batches if necessary).



### 4. TOSS THE COLESLAW

Cut pears into batons. Trim and slice snow peas and dice remaining avocado. Add to a large bowl with slaw and kimchi. Toss with **2 tbsp sesame oil, salt and pepper** until well combined.



### 5. FINISH AND SERVE

Make a burger stack with coleslaw, burger patty and avocado cream. Sprinkle over remaining sesame seeds.

**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**

