



Product Spotlight: Turban Chopsticks

Local Perth-based business creating a range of one pot meal kits including hand roasted spices to bring the perfect balance to your meal. Add any protein and veggies to suit your taste!



3 Spinach and Zucchini Fritters with Smashed Avocado

Turban Chopsticks Onion Bhaji Mix becomes veggie-packed fritters with smashed avocado.

 30 mins

 4 servings

 Plant-Based

25 June 2021

Spice it up!

Mango or tomato chutney would be a great addition to this dish. Dollop over the fritters with the smashed avocado.

Per serve: **PROTEIN** 8g **TOTAL FAT** 16g **CARBOHYDRATES** 23g

FROM YOUR BOX

ENGLISH SPINACH	1 bunch
ZUCCHINIS	2
LITTLE BITES ONION BHAJI MIX	1 packet
AVOCADOS	2
LEMON	1/2 *
BROCCOLINI	2 bunches
CHERRY TOMATOES	1/2 packet (200g) *
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. PREPARE VEGETABLES

Thoroughly wash and chop English spinach, grate zucchinis. Heat a frypan over medium-high heat, add vegetables, cook for 2-3 minutes, until wilted. Remove from pan into a large mixing bowl.



2. MIX THE FRITTERS

Add the Little Bites mix to the bowl with vegetables, stir to combine, set aside.



3. MAKE SMASHED AVO

Add avocado to a small bowl, using the back of a fork to smash the avocado. Squeeze in the juice from the lemon, season with **salt and pepper**, stir to combine.



4. SAUTÉ VEGETABLES

Reheat frypan over medium-high heat with **oil**. Roughly chop broccolini, add to pan as you go with cherry tomatoes. Sauté for 3-5 minutes, toss through roughly torn mint leaves, season with **1 1/2 tsp vinegar, salt and pepper**. Set aside.



5. COOK THE FRITTERS

Reheat frypan over medium-high heat with **oil**. Cook 1/4 cup-sized amounts of fritter mix for 3-4 minutes each side or until golden brown.



6. FINISH AND PLATE

Evenly divide fritters among plates, top with smashed avocado and serve with sautéed vegetables.

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**

