



Product Spotlight: Avocado


Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



4 Lettuce Cups with Avocado Ranch

Flavourful veggie patties served with fresh salsa in lettuce cups and a home made avocado ranch sauce.

 30 mins

 4 servings

 Plant-Based

6 August 2021

Herb it up!

Add a garlic clove and some fresh leafy herbs like mint, coriander or chives to your avocado ranch to boost the flavour.

Per serve: **PROTEIN** 13g **TOTAL FAT** 13g **CARBOHYDRATES** 70g

FROM YOUR BOX

POTATOES	800g
PARSLEY	1 packet
AVOCADO	1
VEGGIE PATTIES	2 packets
LEBANESE CUCUMBERS	2
CHERRY TOMATOES	1 bag (200g)
BABY COS LETTUCE	2 pack

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, mustard of your choice (see notes), red wine vinegar

KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer (or small food processor)

NOTES

We used dijon mustard for a smooth finish.



1. MAKE WEDGES

Set oven to 220°C.

Cut potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes.



2. MAKE AVOCADO RANCH

Blend parsley leaves with avocado, **1/2 tbsp mustard, 2 tbsp vinegar, 1/4 cup water, salt and pepper**, using a stick mixer, until smooth.



3. COOK THE PATTIES

Heat a frypan over medium-high heat with **oil**. Crumble in veggie patties. Cook for 3–5 minutes until warmed through.



4. PREPARE SALSA

Dice cucumbers and quarter or halve tomatoes. Drizzle over **olive oil**, season with **salt and pepper**.



5. FINISH AND PLATE

Separate and rinse lettuce leaves. Use as cups, stuff with patty mince and salsa. Serve with wedges and avocado ranch.

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**

