




Product Spotlight: Nutritional Yeast


Nutritional yeast is great for adding a savoury, salty flavour to dishes as well as boosting the protein! It is inactive, meaning it doesn't work as a leavening agent. It provides around 40-50g of protein per 100g.



1 Veggie Burgers with Smokey Cashew Sauce

Flavoursome veggie burgers wrapped up in lettuce with salad, sweet potato wedges and a home made smokey cashew sauce.

 25 minutes

 4 servings

 Plant-Based

14 January 2022

Spice it up!

Add some chilli flakes and/or cumin to the wedges. Slice the beetroot and add to the tray with the sweet potato for a warmer burger.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	17g	79g

FROM YOUR BOX

SAUCE MIX	1 packet
SWEET POTATO	800g
VEGETABLE BURGERS	2 packets
SPRING ONIONS	4
FESTIVAL LETTUCE	1
TOMATOES	2
BETROOTS	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

KEY UTENSILS

oven tray, frypan, stick mixer or small processor, kettle

NOTES

Slice and add the beetroot to the tray to roast if preferred.

You can add some extra flavour to your burgers by rubbing with some ground cumin or paprika before cooking.

The burgers can be eaten by wrapping up in the lettuce or use a knife and fork.

Sauce mix ingredients: cashews, nutritional yeast, smoked paprika



1. SOAK THE SAUCE MIX

Set oven to 220°C and boil the kettle.

Place sauce mix into a jug and pour in **1/2 cup boiling water and 1 tbsp vinegar**.



2. ROAST THE WEDGES

Wedge sweet potatoes and toss on a lined oven tray with **oil, salt and pepper**. Cook for 15–20 minutes until tender and golden (see notes).



3. COOK THE BURGERS

Heat a frypan over medium–high heat with **oil**. Add burgers to pan and cook for 3 minutes. Slice and add **3** spring onions, turn burger over and cook for a further 3 minutes.(see notes).



4. PREPARE THE SALAD

Wash and separate lettuce, keeping leaves whole. Slice tomatoes and grate beetroot.



5. MAKE THE SAUCE

Roughly chop remaining spring onion and add to jug with cashew mix. Use a stick mixer and blend together until smooth. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve burgers onto lettuce leaves and top with spring onions, tomato and beetroot. Drizzle with sauce and serve wedges on the side (see notes).

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

