Q2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mint

Did you know there is plenty of flavour in mint stems? You can use them to flavour a sugar syrup to mix into drinks!

Tikka Paneer Burgers

with Mint Dressing

Spiced and golden paneer served in toasted buns with pickled ribbon salad and mint aioli, paired with oven-baked potato chips.

35 minutes Vegetarian 2 servings

Spice it up!

Add thinly sliced fresh chilli to the salad for extra heat. You can also mix a little Greek yoghurt through the mint dressing for creaminess.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	29g	55g

FROM YOUR BOX

MEDIUM POTATOES	3
LEBANESE CUCUMBER	1
CARROT	1
BABY COS LETTUCE	1
MINT	1 packet
AIOLI	1 sachet
TIKKA SPICE MIX	1 packet
PANEER CHEESE	1 packet
BURGER BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine or rice wine vinegar, sugar (of choice)

KEY UTENSILS

large frypan, oven tray, stick mixer or blender

NOTES

You can add cumin seeds to the potato chips for a more exotic flavour.

You can add all the spice to the paneer if you want bold flavours.

No gluten option - burger buns are replaced with GF hamburger buns.

Tikka spice mix: garlic granules, ground cumin, ginger, paprika and garam masala.

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1. ROAST THE CHIPS

Set oven to 220°C.

Cut **potatoes** into chips and toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast in oven for 25-30 minutes until cooked through.



2. PREPARE THE FILLINGS

Ribbon **cucumber** and **carrot** using a vegetable peeler. Toss with **1/2 tbsp vinegar, 1/2 tsp sugar** and pinch of **salt**. Set aside.
Separate and rinse **lettuce leaves**.



3. PREPARE THE DRESSING

Pick **mint leaves** and blend with **aioli** until smooth using a stick mixer or blender. Season with **pepper** to taste.



4. PREPARE THE PANEER

Combine **1 tbsp oil** with **1/2 packet tikka spice** (see notes). Slice **paneer blocks** in half and then in half again to form 4 even size squares. Coat with **spice paste** and season with **salt**.



5. COOK THE PANEER

Heat a frypan over medium-high heat with **oil.** Cook **paneer** for 2-3 minutes each side until browned and warmed through.



6. FINISH AND SERVE

Assemble **burger buns** with **paneer**, **fillings** and **dressing** to taste. Serve with **chips**.

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