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 | 4/6 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
	21g	22g	48g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
LEBANESE CUCUMBERS	2	2
CARROT	1	2
BABY COS LETTUCE	1	1
MINT	60g	60g
AIOLI	1 sachet	2 sachets
TIKKA SPICE MIX	1 packet	2 packets
PANEER CHEESE	2 packets	3 packets
BURGER BUNS	4	6

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.

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 **cucumbers** and **carrot** using a vegetable peeler. Toss with **1 tbsp vinegar, 1 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 **tikka spice**. Slice **paneer blocks** in half and then in half again to form 8 even size squares. Coat with **spice paste** and season with **salt**.

6P- combine 1 1/2 packets tikka spice with 2 tbsp oil. Slice paneer into 12 even size squares.



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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