



### Product Spotlight: Red Cabbage

Red cabbage is chock full of anthocyanin, a specific type of powerful antioxidant. It can help boost eyesight as well as keep your liver healthy!



## Thai Chicken Burgers

### with Red Curry Mayo

This Thai inspired burger features a sesame-crusted chicken schnitzel with a red curry mayo, vibrant purple cabbage and lime all within a soft hamburger bun.



25 minutes



2 servings



Chicken

## Switch it up!

*You can add some fresh coriander if you have some! These burgers also go well with roast sweet potato chips!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	35g	68g

## FROM YOUR BOX

RED CABBAGE	1/4
LEBANESE CUCUMBER	1
CARROT	1
AIOLI	1 sachet
RED CURRY PASTE	1 jar
CORNFLOUR AND SESAME MIX	1 packet
HAMBURGER BUNS	2-pack
CHICKEN SCHNITZELS	300g

## FROM YOUR PANTRY

oil for cooking, apple cider vinegar

## KEY UTENSILS

large frypan

## NOTES

If you have a lime you can use 1/2 the juice with the cabbage and 1/2 in the sauce instead of the vinegar.

Start with 1/2 tbsp curry paste in the aioli and taste to check the spice level before adding more.

Transfer any leftover curry paste to a freezable container to use in the future!

**No gluten option - hamburger buns are replaced with gluten-free burger buns.**



### 1. PREPARE THE FILLINGS

Thinly shred **cabbage** (use to taste). Toss with **1 tbsp apple cider vinegar** (see notes). Ribbon **cucumber** and **carrot** using a vegetable peeler.



### 2. MAKE THE SAUCE

Combine **1 tsp apple cider vinegar** with **aioli** and **1 tbsp curry paste** (see notes). Set aside.



### 3. PREPARE THE CHICKEN

Spread **cornflour and sesame mix** over a plate. Coat **chicken** with **1/2 tbsp curry paste** and then with cornflour and sesame mix on each side. Set aside.



### 4. TOAST THE BUNS

Heat a frypan over medium-high heat. Cut **buns** in half and toast for 30 seconds each side. Set aside. Keep pan over heat for next step.



### 5. COOK THE CHICKEN

Cover base of pan with **oil**. Add **chicken** and cook for 4-5 minutes each side until golden and cooked through.



### 6. FINISH AND SERVE

Assemble burgers with **chicken**, fresh **salad fillings** and **curry sauce**.



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