



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
	43g	49g	50g

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.



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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.



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.

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**

