



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



4 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
	42g	49g	41g

FROM YOUR BOX

RED CABBAGE	1/4
LEBANESE CUCUMBER	1
CARROT	1
AIOLI	2 packets
RED CURRY PASTE	1 jar
CORNFLOUR AND SESAME MIX	1 packet
HAMBURGER BUNS	2 x 2-pack
CHICKEN SCHNITZELS	600g

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 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 **1/2 tbsp apple cider vinegar** with aioli and 2 tbsp curry paste (see notes). Set aside.



3. PREPARE THE CHICKEN

Spread cornflour and sesame mix over a plate. Coat chicken with 1 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.



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