






### Product Spotlight: Fresh Thyme

During the Middle Ages in Europe, thyme was thought to ward off nightmares if placed beneath a pillow before going to sleep.





## 1 **Chicken Burger** with Curry Dressing

Delicious chicken burgers assembled in fresh milk buns with green apple, tomato, lettuce and a mild curry dressing. Finished with crispy shallots for extra crunch.

-  20 minutes
-  2 servings
-  Chicken

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
THYME	2/3 packet *
SOUR CREAM	1/2 tub *
CHICKEN MINCE 	300g
BABY COS LETTUCE	1
TOMATO	1
GREEN APPLE	1
FRIED SHALLOTS	1/2 packet (15g) *
BURGER BUNS	2-pack
 VEGGIE BURGER PATTIES	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder


## KEY UTENSILS

oven tray, frypan

## NOTES

Cut apple into wedges to serve on the side if you prefer.

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

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.

Add 2 fried eggs to burgers if you desire!



### 1. ROAST THE CARROTS

Set oven to 220°C.

Trim carrots and halve any larger ones. Toss on an oven tray with 1/3 packet thyme, **oil, salt and pepper**. Roast for 15-20 minutes or until golden and tender.




### 2. MAKE THE DRESSING

Combine 1/2 tub sour cream with **1 1/2 tsp curry powder, salt and pepper**. Set aside.



### 3. COOK THE PATTIES

Combine chicken with 1/2 tbsp thyme leaves, **salt and pepper**. Heat a frypan with **oil** over medium-high heat. Dollop the chicken mince into pan, into 2 patties. Flatten as you cook.

 **VEG OPTION** - Heat a pan with **oil** over **medium heat**. Cook burgers for **3-4 minutes each side** until heated through.



### 4. PREPARE THE FILLING

In the meantime, separate lettuce leaves, slice tomato and apple. Arrange on a plate with fried shallots.



### 5. WARM THE BUNS

Halve and warm the buns in the oven for 3-4 minutes.



### 6. ASSEMBLE & SERVE

Assemble burgers with fresh salad ingredients, patty, dressing and fried shallots. Serve with roasted carrots.

**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**

