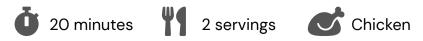




Delicious chicken burgers assembled in fresh milk buns with green apple, tomato, lettuce and a mild curry dressing. Finished with crispy shallots for extra crunch.



22 February 2021

FROM YOUR BOX

DUTCH CARROTS	1 bunch
THYME	2/3 packet *
SOUR CREAM	1/2 tub *
CHICKEN MINCE 🍄	300g
BABY COS LETTUCE	1
ΤΟΜΑΤΟ	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.



4. PREPARE THE FILLING

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



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.



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

