



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CANNELLINI BEANS

Cannellini beans are large white beans with a mellow flavour. They are low-fat, high-protein, fibre rich, vitamin and mineral dense food.



4. VEGGIE BURGERS

WITH AVOCADO SALSA

 25 Minutes

 4 Servings

 Plant-based

Veggie burgers cooked on the grill alongside corn on the cob and a fresh avocado salsa.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
18g	26g	55g

17 February 2020

FROM YOUR BOX

CORN COBS	2
AVOCADO	1
TOMATOES	2
GREEN CAPSICUM	1
CANNELLINI BEANS	400g
BASIL	1/2 packet *
VEGGIE BURGERS	2 packets
BABY COS LETTUCE	2 pack
TOMATO RELISH	1 jar

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, red wine vinegar

KEY UTENSILS

frypan/griddle pan or BBQ

NOTES

These burgers can be a little fragile when turning. Use a wide spatula if possible to turn them.

Stretch this dish out and add burger buns. Slice the vegetables instead of making into a salsa and add to the burger buns.



1. GRILL THE CORN

Heat a griddle pan or BBQ over high heat. Cut corn into halves. Coat with **oil, salt and pepper**.



2. MAKE THE SALSA

Dice avocado, tomato and capsicum. Toss together with drained cannellini beans and picked basil leaves. Whisk together **1 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper** and toss through salsa.



3. COOK THE BURGERS

Coat the burgers with **oil**. Cook on the griddle pan/BBQ over medium-high heat for 2-3 minutes each side until warmed through (see notes).



4. FINISH AND PLATE

Separate and rinse lettuce leaves. Serve with veggie burgers, salsa and relish to taste.