Product Spotlight: Potatoes

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries, and 80% more potassium than bananas!

I2 Veggie Patties
with Homemade Tomato Sauce and Wedges

A simple tomato sauce that you will make over and over again, and it works so well with these patties and wedges!

Spice it up!

If you like your sauce spicy you can add some chilli flakes or fresh chilli to the saucepan. Add Asian flavours with some ginger, soy sauce, and rice wine vinegar.

🕐 30 minutes　　🍴 2 servings　　🌱 Plant-Based

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Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	22g	110g

FROM YOUR BOX

POTATOES	2
GREEN APPLE	1
BROWN ONION	1
CHOPPED TOMATOES	400g
VEGGIE PATTIES	1 packet
MESCLUN LEAVES	1 bag (60g)
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, fennel seeds, red wine vinegar, sugar (of choice)

KEY UTENSILS

saucepan, 2 oven trays, stick mixer

NOTES

You can leave the sauce chunky if you don't have a stick mixer. Mash together with potato masher.

1. MAKE THE WEDGES

Set oven to 220ºC.

Cut potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper.** Cook for 20-25 minutes until golden and crispy.

2. MAKE THE SAUCE

Heat a saucepan over medium high heat with **oil**. Peel and dice apple and onion Add to pan along with **1 tsp cumin seeds** and **1 tsp fennel seeds.** Cook for 3 minutes then add tomatoes, **1/2 cup water, 1 tbsp vinegar** and **1 tbsp sugar.** Cover and simmer for 15 minutes.

3. COOK THE PATTIES

Line a second oven tray and add patties. Cook for 6 minutes until heated through and crispy on the outside.

4. MAKE THE SALAD

In a bowl whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.** Add salad leaves and diced avocado. Toss together.

5. BLEND THE SAUCE

Use a stick mixer to blend the sauce to desired consistency (see notes). Season to taste with **salt and pepper** and **sugar.**

6. FINISH AND SERVE

Serve wedges, patties and salad onto plates along with tomato 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**