



### Product Spotlight: Sage

Sage is a lovely aromatic herb that pairs well with warm, nutty flavours. It has anti-inflammatory properties and has been used medicinally for decades, helping with headaches, muscle aches and rheumatism.





14

## White Bean Patties

### with Warm Potato Salad

White beans mashed with lightly cooked onion, grated carrot and sage. Formed into patties and gently pan-fried for a crisp exterior but soft centre. Served with warm baby potato and roasted capsicum salad.

 35 minutes

 4 servings

 Plant-Based

2 December 2022

## Bake them instead

*You can place the patties on a lined oven tray with an extra drizzle of oil and bake for 15-20 minutes. They are a little soft when frying, use a spatula and ensure they are well-browned before turning.*

Per serve: **PROTEIN** 22g **TOTAL FAT** 12g **CARBOHYDRATES** 96g

## FROM YOUR BOX

CHIA SEEDS	1 packet (20g)
BABY POTATOES	800g
RED ONION	1
ROASTED PEPPER STRIPS	1 jar
SAGE	1 packet (10g)
CARROT	1
TINNED WHITE BEANS	2 x 400g
SUGAR SNAP PEAS	1 packet (250g)
GREEN TOMATO RELISH	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, balsamic vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

If you have fresh thyme in the garden you can always use that.



### 1. COOK THE POTATOES

Set oven to 220°C.

Soak chia seeds in **2 1/2 tbsp water** and set aside.

Halve baby potatoes and wedge 1/2 the onion. Toss on a lined oven tray with drained pepper strips, **oil, salt and pepper**. Roast for 20 minutes.



### 4. COOK THE PATTIES

Re-heat frypan with **oil** over medium-high heat. Add patties and cook for 3-4 minutes each side or until golden, cook in batches if necessary.



### 2. SAUTÉ THE ONION

Heat a frypan over medium-high heat with **oil**. Dice and add remaining onion, cook for 3-4 minutes. Slice sage and grate carrot, adding to pan as you go. Cook for a further 2 minutes, remove to a bowl. Keep frypan for step 4.



### 5. TOSS THE SALAD

In a large bowl whisk together **2 tbsp olive oil, 1 tbsp balsamic vinegar** and **1 tsp thyme** (see notes). Slice sugar snap peas and add to bowl along with roasted potatoes and peppers. Toss well and season with **salt and pepper**.



### 3. MAKE THE PATTIES

Drain and rinse beans. Add to bowl with onion along with chia seeds and water. Use a fork or potato masher to mix together. Season with **salt and pepper**. Use well oiled hands and form into 8-10 patties.



### 6. FINISH AND SERVE

Divide patties and salad among plates. Add relish on the side to taste.

**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](mailto:hello@dinnertwist.com.au)

