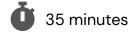




White Bean Patties

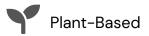
with Warm Potato Salad

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.





4 servings



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.

TOTAL FAT CARBOHYDRATES

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.



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.



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.



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



