

Product Spotlight: Nutritional Yeast


Nutritional yeast is a deactivated yeast and a rich source of B complex vitamins. It is a great cheese substitute in recipes.



J4 Soy Patties with “Cheesy” Mash and Onion Sauce

Nutritional yeast gives this mash a lovely “cheesy” flavour. Finished with chives and served alongside savoury soy burgers and onion gravy.

 30 minutes

 4 servings

 Plant-Based

18 March 2022

Make a burger!

Cut potatoes into wedges and bake. Fry the onion and heat the patties. Grate or ribbon the carrots and add some lettuce and tomatoes for a fast weeknight burger. Use the mustard in the onions or spread over some buns.

Per serve: **PROTEIN** 18g **TOTAL FAT** 37g **CARBOHYDRATES** 64g

FROM YOUR BOX

POTATOES	1 kg
CARROTS	2
GREEN BEANS	1 packet (250g)
RED ONION	1
SOY PATTIES	1 packet
CHIVES	1 bunch
NUTRITIONAL YEAST	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried tarragon, soy sauce, cornflour (or other), mustard (seeded or dijon)

KEY UTENSILS

large frypan, saucepan x 2

NOTES

We leave the skin on our potatoes but you can peel them if you prefer.

To cut down on saucepans you can add the carrots and beans to the potatoes for the last 3–4 minutes of cooking time and remove before mashing.

You can use your choice of milk instead of water for a creamier mash.



1. COOK THE POTATOES

Dice potatoes (see notes) and place in a saucepan, cover with water. Bring to the boil and simmer for 10–15 minutes, or until tender (see notes). Drain and return to saucepan reserving 1 cup water.



2. PREPARE VEGETABLES

Bring a second saucepan of water to the boil. Cut carrots into sticks and trim and halve beans. Add to boiling water and cook for 3 minutes or until cooked to your liking. Drain and toss with 1 **tblsp olive oil, salt and pepper.**



3. MIX THE SAUCE

In a bowl or jug, whisk together 1 **tblsp mustard, 2 tsp tarragon, 2 tsp cornflour and 2 tsp soy sauce** with 1 1/2 **cup water.** Leave to the side.



4. COOK THE PATTIES

Heat a frypan over medium–high heat with **oil.** Slice onion adding to frypan as you go. Cook for 3–4 minutes until softened. Add patties and sauce. Stir until patties have warmed through and sauce thickened. Remove from heat and season with **salt and pepper.**



5. MAKE THE MASH

Slice chives.
Mash potatoes with nutritional yeast, **2 tblsp olive oil, salt and pepper.** Add reserved water (see notes), to get desired consistency, and half the chives.



6. FINISH AND SERVE

Serve mash and vegetables onto plates with patties. Pour over sauce to taste and garnish with remaining chives.

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**

