



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Beetroot


Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate, and vitamin C. On top of that, they can help reduce blood pressure and improve circulation!



K4 Veggie Burgers with Beetroot Chips

Veggie burgers with delicious caramelised onions, fresh salad, and home made beetroot chips.

 25 minutes

 4 servings

 Plant-Based

1 April 2022

Spice it up!

Add some ground cumin or coriander to the beetroot chips. Add more flavour to the caramelised onions with 1 tsp of seeded mustard!

Per serve: **PROTEIN** 15g **TOTAL FAT** 21g **CARBOHYDRATES** 89g

FROM YOUR BOX

| | |
|------------------|---|
| BEETROOT | 4 |
| BROWN ONIONS | 2 |
| TOMATOES | 2 |
| FESTIVAL LETTUCE | 1 |
| AVOCADO | 1 |
| VEGGIE BURGERS | 4 |
| BURGER BUNS | 4 |

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, oven tray

NOTES

If you have a mandolin you can use it to evenly slice the beetroot. If you have space, spread the beetroot over 2 trays for crispier chips.

Buns can be toasted in the frypan, under the grill in the oven or in a sandwich press.

Add any extra sauces if you desire.



1. COOK THE CHIPS

Set oven to 220°C.

Wash and trim beetroot. Slice thinly (see notes), and toss with **oil, salt and pepper** on a lined oven tray. Spread out evenly and cook for 15-20 minutes until crispy.



2. COOK THE ONIONS

Heat a frypan over medium-high heat with **oil**. Slice and add onions with **1 tbsp balsamic vinegar** and **salt**. Cook, stirring occasionally, for 8-10 minutes until golden and caramelised. Remove to a bowl, keep pan.



3. PREPARE FRESH SALAD

Slice tomatoes, wash and tear lettuce. Mash avocado in a bowl with **1 tbsp olive oil, 1 tbsp water, salt and pepper**.



4. COOK THE BURGERS

Re-heat pan with **oil**. Add the burgers and cook for 4-5 minutes each side or until heated through.



5. TOAST BUNS (OPTIONAL)

Slice buns in half and toast using your preferred method (see notes).



6. FINISH AND SERVE

Construct the burgers with mashed avocado, salad, burger and caramelised onions (see notes). Serve with beetroot chips on the side.

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**

