

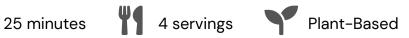


# **Veggie Burgers** with Beetroot Chips

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







# 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!

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.



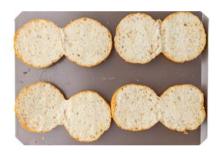
#### 3. PREPARE FRESH SALAD

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.



