



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




## Product Spotlight: Turban Chopsticks


Local Perth-based business creating a range of one pot meal kits including hand roasted spices to bring the perfect balance to your meal. Add any protein and veggies to suit your taste!



### 3 Spinach and Zucchini Fritters with Smashed Avocado

Turban Chopsticks Onion Bhaji Mix becomes veggie-packed fritters with smashed avocado.

 30 mins

 2 servings

 Plant-Based

25 June 2021

## Spice it up!

*Mango or tomato chutney would be a great addition to this dish. Dollop over the fritters with the smashed avocado.*

Per serve: **PROTEIN** 11g **TOTAL FAT** 19g **CARBOHYDRATES** 34g

## FROM YOUR BOX

|                              |                     |
|------------------------------|---------------------|
| ENGLISH SPINACH              | 1 bunch             |
| ZUCCHINI                     | 1                   |
| LITTLE BITES ONION BHAJI MIX | 1 packet            |
| AVOCADO                      | 1                   |
| LEMON                        | 1/2 *               |
| BROCCOLINI                   | 1 bunch             |
| CHERRY TOMATOES              | 1/2 packet (100g) * |
| MINT                         | 1/2 bunch *         |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar

## KEY UTENSILS

large frypan

## NOTES

Remaining lemon can be cut into wedges and served on the side.



### 1. PREPARE VEGETABLES

Thoroughly wash and chop English spinach, grate zucchini. Heat a frypan over medium-high heat, add vegetables, cook for 2-3 minutes until wilted. Remove from pan into a large mixing bowl.



### 2. MIX THE FRITTERS

Add the Little Bites mix to the bowl with vegetables, stir to combine, set aside.



### 3. MAKE SMASHED AVO

Add avocado to a small bowl, using the back of a fork to smash the avocado. Squeeze in the juice from 1/4 lemon, season with **salt and pepper**, stir to combine (see notes).



### 4. SAUTÉ VEGETABLES

Reheat frypan over medium-high heat with **oil**. Roughly chop broccolini, add to pan as you go with cherry tomatoes. Sauté for 3-5 minutes, toss through roughly torn mint leaves, season with **1 tsp vinegar, salt and pepper**. Set aside.



### 5. COOK THE FRITTERS

Reheat frypan over medium-high heat with **oil**. Cook 1/4 cup-sized amounts of fritter mix for 3-4 minutes each side or until golden brown.



### 6. FINISH AND PLATE

Evenly divide fritters among plates, top with smashed avocado and serve with sautéed vegetables.

**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**

