




Product Spotlight: Tomatoes


Did you know tomatoes are classified as an everyday superfruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn, helps prevent various cancers.



4 Adzuki and Kumara Burgers

Adzuki and kumara burger patties served in a low-carb burger bowl with fresh vegetables.

 30 mins

 2 servings

 Plant-Based

16 July 2021

Make it traditional!

You have all the ingredients here to make traditional burgers, just grab some buns. Follow instructions as they are, then simply use all the prepared ingredients to stack into your buns.

Per serve: **PROTEIN** 12g **TOTAL FAT** 55g **CARBOHYDRATES** 36g

FROM YOUR BOX

SHALLOT	1
LEBANESE CUCUMBER	1
TOMATO	1
CARROT	1
BABY COS LETTUCE	1
ADZUKI AND KUMARA BURGERS	4 pack
RED CAPSICUM	1
CHIPOTLE MAYONNAISE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar, sugar, ground paprika

KEY UTENSILS

large frypan

NOTES

When pickling, we recommend you use a non-metallic bowl as the vinegar can react and cause a metallic taste in your food.

These patties don't need long to warm through, keep an eye on them as they may become dry if heated for too long.



1. MAKE THE PICKLES

In a large bowl (see notes) whisk together **1/2 cup vinegar, 1 tbsp sugar, and 1 tsp salt**. Wedge shallot and slice cucumber into long strips, add into the bowl as you go, stir occasionally.



2. PREPARE VEGETABLES

Wedge tomato, julienne carrot and slice lettuce.



3. COOK BURGER PATTIES

Heat a large frypan over medium-high heat with **oil**. Add patties and cook for 1-2 minutes on each side until warmed through (see notes). Set aside.



4. COOK CAPSICUM

Reheat frypan over medium-high heat with **oil**. Slice capsicum, add to pan as you go with **1 tsp paprika and 1/4 cup water**. Cook for 3-4 minutes, stirring, until tender.



5. FINISH AND PLATE

Drain the pickles. Layer lettuce into bowls, top with remaining vegetables, pickles, burger patties and capsicum, drizzle over chipotle mayonnaise.

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**

