



Product Spotlight: Red Cabbage

Red cabbage gets its colour from anthocyanin, a natural pigment that changes with acidity – toss it with vinegar and watch it turn brilliant pink!



Thai Chicken Burgers

with Red Curry Mayo

A sesame-crusted chicken schnitzel topped with red curry mayo, vibrant purple cabbage and ribbons of tangy cucumber and carrot, all in a soft hamburger bun.



25 minutes



4/6 servings



Chicken

Switch it up!

You can add some fresh coriander if you have some! These burgers also go well with roast sweet potato chips!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	35g	51g/56g	50g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED CABBAGE	1/4	1/4
LEBANESE CUCUMBER	1	2
CARROT	1	2
AIOLI	2 sachets	3 sachets
RED CURRY PASTE	1 jar	1 jar
CORNFLOUR AND SESAME MIX	1 packet	2 packets
HAMBURGER BUNS	4	6
CHICKEN SCHNITZELS	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, apple cider vinegar

KEY UTENSILS

large frypan

NOTES

If you have a lime you can use 1/2 the juice with the cabbage and 1/2 in the sauce instead of the vinegar.

Start with 1 tbsp curry paste in the aioli and taste to check the spice level before adding more.

Transfer any leftover curry paste to a freezable container to use in the future!

No gluten option - hamburger buns are replaced with gluten-free burger buns.



1. PREPARE THE FILLINGS

Thinly shred **cabbage** (use to taste). Toss with **1 tbsp apple cider vinegar** (see notes).

Ribbon **cucumber** and **carrot** using a vegetable peeler.



2. MAKE THE SAUCE

Combine **1/2 tbsp apple cider vinegar** with **aioli** and **2 tbsp curry paste** (see notes). Set aside.

6P - combine 1 tbsp apple cider vinegar with aioli and 3 tbsp curry paste (see notes).



3. PREPARE THE CHICKEN

Spread **cornflour** and **sesame mix** on to a plate. Coat **chicken** with **1 tbsp curry paste** and then with **cornflour** and **sesame mix** on each side. Set aside.

6P - coat chicken with 2 tbsp curry paste and then with cornflour and sesame mix on each side.



4. TOAST THE BUNS

Heat a frypan over medium-high heat. Cut **buns** in half and toast for 30 seconds each side. Set aside. Keep pan over heat for next step.



5. COOK THE CHICKEN

Cover base of pan with **oil**. Add **chicken** and cook for 4-5 minutes each side until golden and cooked through. Cook in batches if needed.



6. FINISH AND SERVE

Assemble burgers with **chicken**, fresh **salad fillings** and **curry sauce**.



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