



Onion bhaji burger

with raita and mango chutney



Indian takeout turned scrummy burger. Crispy onion bhaji patty with crunchy cucumber and tomato, smothered in creamy raita and mango chutney with papadums on the side, and served on a Herman Brot lower carb bun.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan



Pantry items needed: salt, vegetable oil



Hands-on: 25 minutes
Ready in: 35 minutes



Serves: 2 or 4

HIGH FIBRE | HIGH PROTEIN | Adventurous

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Onion	200g	400g
Potato	200g	400g
Coriander, divided	15g	30g
Tomato	100g	200g
Cucumber, divided	150g	300g
Bhaji dry mix	60g	120g
Salt*	½ tsp	1 tsp
Raita base	67g	134g
Vegetable oil*	3 tbsp	6 tbsp
Papadums	20g	40g
Burger buns	1 packet	2 packets
Mango chutney	40g	80g

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, lupin, barley.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare bhaji ingredients

Finely slice **onion**. Grate **potato**. Roughly chop **coriander**. Thinly slice **tomato**. Using a vegetable peeler, peel **half** the quantity of **cucumber** into ribbons.

In a bowl, add **onion, potato, half** the quantity of **coriander, bhaji dry mix** and **salt*** and stir to combine.

2. Make raita

Grate remaining **cucumber**, squeeze to release excess liquid and place into a small bowl. Add **raita base**, remaining **coriander** and stir to combine.

3. Cook papadums

Place **papadums** onto microwave plate, spaced 2cm apart. Cook for **30 seconds** and repeat until all **papadums** are cooked (tip 1).

4. Cook bhaji

In a large frying pan over medium heat, add **vegetable oil***. When hot, using tongs, add **bhaji mixture** into the pan, forming into **patties (4 for 2 serves and 8 for 4 serves)** (tip 2). Flatten slightly with a spatula and allow to cook until golden brown, about **4 minutes** each side. Transfer cooked **bhajis** to a plate and prepare to serve (tip 3).

5. Toast burger buns

Slice **burger buns** in half and lightly toast in a toaster or under a grill.

6. Serve

Spread **mango chutney** onto top and bottom **buns**. Layer **bhajis** (2 each), **tomato, cucumber, raita** and replace top **buns**. Serve **onion bhaji burgers** with **papadums**.

Cooking tips

1. If you do not have a microwave, add 2 tbsp vegetable oil to a large frying pan over high heat. When hot, add papadums and press down using a spatula. Flip papadum and remove from the heat as soon as it has puffed up fully.

2. You may need to cook your bhajis in batches or using two large frying pans.

3. Keep bhajis warm in the oven on 100°C if needed.

Eat your way to healthy!



Onions are low in calories but contain high amounts of vitamins, minerals and fibre. They are particularly rich in vitamin C, boosting your immune system and promoting skin regeneration.

They are also high in vitamin B6, which plays an important role in metabolism and nerve function, and B9, which is not only crucial in pregnancy but also needed for healthy red blood cell production.

Nutritional information*

	Per 370g serve	Per 100g
Energy	2956kJ (706Cal)	799kJ (191Cal)
Protein	31.2g	8.4g
Fat, total	34.6g	9.4g
- Saturated	6.2g	1.7g
Carbohydrate	61.3g	16.6g
- Sugars	23.6g	3.6g
Sodium	2016mg	545mg

* Nutritional information is based on averages