

DINNERLY



White Bean Burgers with Yoghurt Sauce



20-30 minutes



2 Servings

Chock full of hearty white beans and drizzled with creamy yoghurt, these vego patties sandwiched in toasted milk buns give regular burgers a run for their money.

WHAT WE SEND

- 1 carrot
- 2 milk buns ^{1,3,6,7}
- 100g Greek-style yoghurt ⁷
- 40g panko breadcrumbs ¹
- 2 tomatoes
- 400g white cannellini beans
- 100g baby spinach leaves

WHAT YOU NEED

- egg ³
- olive oil
- sea salt and pepper
- water

TOOLS

- foil
- medium frypan
- oven tray
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens.

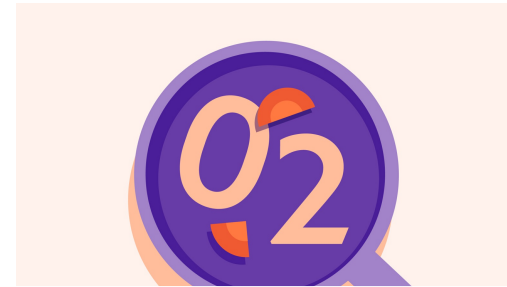
NUTRITION PER SERVING

Energy 675kcal, Fat 15.2g, Carbs 88.0g, Proteins 31.9g



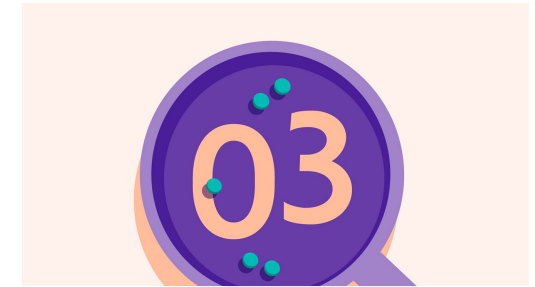
1. Prep ingredients

Line an oven tray with foil. Peel the **carrot** and coarsely grate.



2. Make patties

Drain and rinse the **cannellini beans**, then put in a large bowl and coarsely mash with a potato masher or fork. Add the **carrot, breadcrumbs** and **1 egg white** and season with **salt and pepper**. Using clean hands, combine well, then form into 2 patties, about 10cm wide.



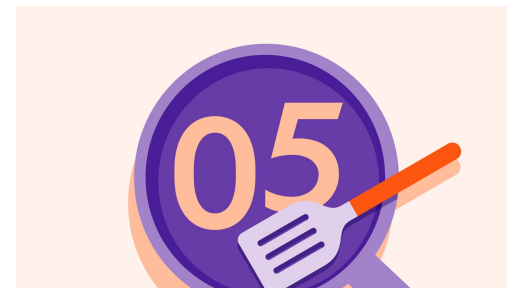
3. Grill tomatoes

Heat the grill to high. Quarter or halve the **tomatoes**. Put on one side of the lined tray, season with **salt and pepper** and drizzle with **2 tsp olive oil**. Grill the tomatoes, turning occasionally, for 8-10 mins until slightly softened and browned.



4. Cook patties

Meanwhile, heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the patties for 4-5 mins each side until golden. While the patties are cooking, halve the **buns**, put on the other side of the tray and toast for 1-2 mins until golden.



5. Serve up

Combine the **yoghurt** with **1 tbs warm water** to thin down and season with **salt and pepper**. Divide **half the spinach** among the **bun bases**. Top with the **patties**, drizzle with the **yoghurt sauce** and sandwich with the **bun tops**. Serve the **burgers** with the **grilled tomatoes** and **remaining spinach**.



6. Make it yours

Add lemon juice to the yoghurt sauce for a little zing or spread the burgers with any tomato relish on hand in the fridge.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

View the recipe online by visiting your account at dinnerly.com.au    **#dinnerly**

 **Packed in Australia from at least 30% Australian ingredients**