

DINNERLY



⚡ FAST

🍏 HEALTHY

Veggie Patty Bliss Bowl with Sweet Potato and Red Cabbage

🕒 20-30 minutes 🍴 4 Servings

Dig into a rainbow bowl of colours, texture and flavours – tasty mushroom patties, crunchy red onion and cabbage, roasted sweet potato and creamy tahini sauce – for a quick and easy bowl full of bliss.

WHAT WE SEND

- 11
- 1,11
- 2 sweet potatoes

WHAT YOU NEED

- 2 eggs³
- Australian honey
- olive oil spray
- white wine vinegar¹⁷

TOOLS

- baking paper
- medium saucepan
- oven tray
- stick blender or food processor

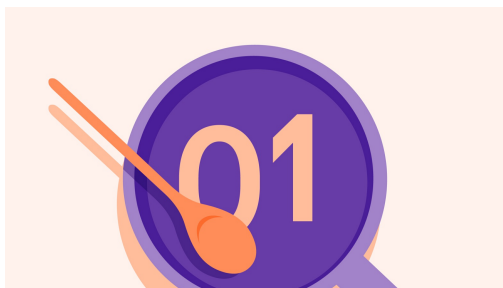
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 460kcal, Fat 17.3g, Carbs 51.4g, Proteins 20.5g



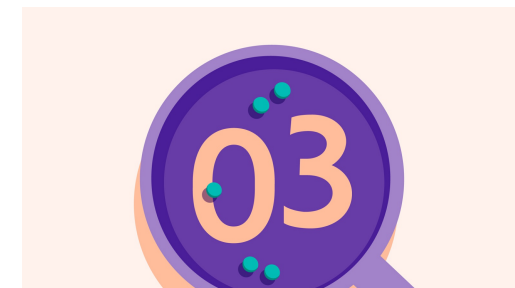
1. Roast sweet potato

Preheat the oven to 220C. Line 2 oven trays with baking paper. Cut the unpeeled **sweet potato** into 2cm chunks. Put the sweet potato on one lined tray, spray or brush with **olive oil**, season with **salt and pepper** and toss to coat. Roast, turning once, for 15 mins or until almost tender.



2. Prep ingredients

Meanwhile, bring a medium saucepan of water to the boil for the eggs. Crush 2 **garlic cloves**. Thinly slice the **onion**. Pick the **parsley leaves** and finely chop the stems, keeping them separate. Finely shred the **cabbage**. Cook 4 **eggs** in the pan of boiling water for 6 mins for soft-boiled, then remove from the pan and cool in cold water.



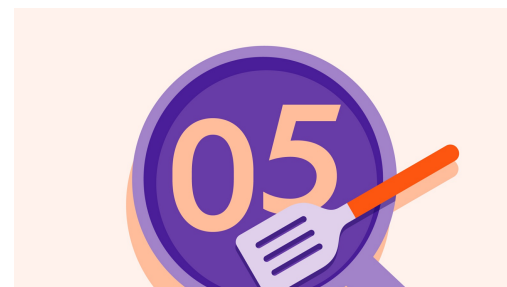
3. Make green tahini

Blend or process the **tahini, garlic, parsley stems** and **half the leaves, 2 tbs water, 2 tbs white wine vinegar** and 2 **tsp honey** until smooth (see Kitchen hack). Taste, then season with **salt and pepper**. Put the **onion** and 1 **tbs white wine vinegar** in a bowl, season with **salt and pepper** and toss to combine.



4. Cook patties

Add the **mushroom patties** to the remaining lined tray and roast for a further 5 mins or until the **sweet potato** is golden and tender and the patties are warmed through.






5. Serve up

Peel and halve the **eggs**. Divide the **cabbage, sweet potato, mushroom patties** and **remaining parsley** among bowls. Top with the **halved eggs** and **pickled onion**. Drizzle with the **pickling liquid** and **green tahini** and enjoy!



6. Kitchen hack

If you don't have a blender or food processor, just whisk the tahini, garlic, vinegar, honey and half the water in a bowl until smooth. Stir through the finely chopped parsley leaves, discarding the stems.

Questions about the recipe? Customer Service: 02 9056 7570 Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 95%
Australian ingredients