



# KATSU PUMPKIN BURGER

**YIELD:**  
1 portion

**PREP TIME:**  
10 mins

**COOK TIME:**  
5 mins

## RECIPE:

1 x Strong Roots Pumpkin & Spinach Burger  
1 x bun of your choice  
2 tbsp mayonnaise  
20g baby spinach  
1 x chopped spring onion  
1 tsp katsu curry paste

### Pickled Veg

1 carrot  
½ red onion  
½ courgette  
150ml cider vinegar  
150ml water

20g sugar  
Pinch salt  
Pinch mustard seed  
Pinch cumin seeds

## METHOD:

1. First make the pickled veg, using a peeler cut ribbons with the carrot and courgette into a bowl, add thinly sliced red onion
2. Boil 150ml of cider vinegar with 150ml water, sugar, salt and the cumin and mustard seeds. Pour the hot mix over the veg and gently stir in. Set aside to cool
3. Next, make the katsu mayo by mixing the curry paste into the mayonnaise until you have the desired taste
4. Finally, fry Strong Roots The Pumpkin & Spinach burger for 5 minutes at 175 degrees
5. Toast the bun and spread the katsu mayo on the top and base
6. Add the spinach and shredded spring onion to the base followed by the Pumpkin and Spinach Burger
7. Next add the pickled veg and top with the crown of the bun



WHERE

VEG EXCITEMENT

BEGINS