



THE BEAN & BEET PITTA

YIELD:
1 portion

PREP TIME:
20 mins

COOK TIME:
5 mins

INGREDIENTS:

1 x Strong Roots The Bean & Beet Burger
1 x pitta
50g shredded red cabbage
50g iceberg lettuce
3 slices of tomato
20g sliced red onions

Spicy yoghurt dressing
(4 portions)
150g natural yoghurt
(full fat)
4 tbsp olive oil

2 tbsp lemon juice
1 tbsp honey
2 tbsp harissa paste
½ tsp salt

METHOD:

1. Fry Strong Roots The Bean & Beet Burger for 5 minutes at 175 degrees from frozen
2. Finely shred iceberg lettuce, red cabbage and red onions
3. Slice tomatoes
4. For the spicy yoghurt dressing – mix full fat natural yoghurt, harissa paste and lemon juice
5. Lightly toast the pitta, split and fill with salad, halved burger and a good dollop of the dressing



WHERE

VEG EXCITEMENT

BEGINS

