



JERK FRITTER BOWL

YIELD:
1 portion

PREP TIME:
30 mins

COOK TIME:
10 mins

RECIPE:

1 x Strong Roots The Pumpkin & Spinach Burger
150g x Rice and peas mix
75g x Black beans
50g x Sautéed peppers & onions
25g x Jerk sauce

1g x Coriander
15g x Pickled Pink onions
10g x Cherry tomatoes
3g x Spring Onions

METHOD:

1. Fry Strong Roots The Pumpkin & Spinach Burger at 175 degrees for 5 minutes until golden brown
2. Reheat rice and peas, black beans and sauté peppers and onions separately until pipping hot
3. Slice pumpkin burger and plate



WHERE

VEG EXCITEMENT

BEGINS

