



## Recipe Ideas

### Allergen Declaration:

Tree Nut

(Cashew in the sauce)

Prep time: 35 minutes

Total time: 45 minutes

### Nutrition Facts

Servings 2  
Serving size 1 Teparly Patty + Big Salad

Amount per serving  
**Calories 830**

		% Daily Value*
<b>Total Fat</b>	35g	54%
Saturated Fat	6g	28%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1120mg	47%
<b>Total Carbohydrate</b>	122g	41%
Dietary Fiber	22g	89%
Total Sugars	60g	
	Contains No Added Sugars	0%

**Protein 26g**

Vitamin D	0mcg	0%
Calcium	345mg	35%
Iron	9mg	52%
Potassium	2334mg	67%

\*The % Daily Values tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Teparly Burger & Kale Salad w/ Creamy Cashew Dressing

NexVeg Teparly Burger patty on citrus-cured kale with a creamy mango, lime and toasted cashew dressing

1



### Make Kale Salad

Keeping stalks aligned, wash & roll **kale** into bundle. Chiffonade leafy portion in ¼" slices. Discard stalks. Place **kale** into bowl. Massage **salt** and **juice of the lemon** into **kale**.

Slice **cucumber**. Filet both sides from **pit of the mango**. Score ½ **the mango** in a box pattern, but not through the skin. Filet **mango flesh** from the skin. Pre-heat skillet to med. (375°F).

2



### Roast Nuts & Garlic, Puree Dressing

Roast **cashews** and **garlic** in med. pan until browned & offering aroma, approximately 10 min, tossing regularly.

Place ½ **cup of the roasted cashews** and **garlic**, **juice of whole lime**, **1 tsp salt**, remaining **mango flesh**, **dates** and **ginger** into the blender. Blend to puree, until creamy.

3



### Cook Tepary Patty (see Recipe Tips)

Lightly **oil** skillet and place **Tepary Burger patties** onto hot oiled surface. Cook **patties** 2 minutes on first side, flip, pan sear 1-2 more minutes, to desired firmness.

4



### Plating

Lay down a bed of **kale**.

Cover with **cucumber slices** and **mango cubes** and ¼ **cup reserved roasted cashews**.

Top with sliced **Tepary Burger patty** and cover with **cashew citrus dressing**.

### Recipe Tips:

- High heat will burn the patties.
- Most stoves 375 ° F is between a 4 - 6 of 10.
- Blender will make a smoother sauce than S-Blade processor.

### Ingredients:

#### Protein

NexVeg Tepary Burger patties

#### Kale Salad

½ Lb kale  
1 lemon  
2 cucumbers, small  
½ mango, cubed  
¼ cup cashews  
1 pinch kosher salt

#### Cashew Citrus Dressing

½ cup cashews  
2 garlic cloves  
1 lime  
1 pinch kosher salt  
½ mango, remaining flesh  
3 dates, pitted  
1 Tbs ginger, diced  
Water to thin sauce

### Grab your:

- Knife
- Cutting board
- Blender
- Large skillet
- Turner/Spatula



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