



Real Vegetable Meat

WHEN YOU CARE WHAT YOU EAT

Allergen Declaration:
Tree Nut
(Cashew in the sauce)

Prep time: 35 minutes

Total time: 45 minutes

Nutrition Facts	
Servings	2
Serving size 1 RVM Burger Patty + Big Salad	
Amount per serving	
Calories	693
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 648mg	27%
Total Carbohydrate 102g	34%
Dietary Fiber 24g	96%
Total Sugars 42g	
Added Sugars 0g	
Protein 24g	47%
Vitamin C 220mg	360%
Calcium 295mg	30%
Iron 8.2mg	46%
Potassium 1820mg	50%
Vitamin A 14570IU	290%

*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.

RVM™ Burger & Kale Salad w/ Creamy Cashew Dressing

RVM 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 ⅛ **tsp 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, toss 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 RVM Patty (see Recipe Tips)

Lightly **oil** skillet and place **RVM 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 **RVM Burger patty** and cover with **cashew citrus dressing**.

Recipe Tips:

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

Ingredients:

Protein

RVM Burger patties

Kale Salad

½ Lb kale
1 lemon
2 cucumbers, small
½ mango, cubed
¼ cup cashews
⅛ tsp kosher salt

Cashew Citrus Dressing

½ cup cashews
2 garlic cloves
1 lime
⅛ tsp 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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