

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Thai Sweet Potato Veggie Burger with Spicy Peanut Sauce

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes ingredients were easy to find – but there are a lot of them!
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	
<i>How easy was the recipe to follow and prepare ingredients?</i>	It's a bit of work to prepare, but she warns you of this. And it's worth it because it makes a lot. I would go heavy on the flax eggs as I always get so angry when they don't bind together (and they do on this one!)
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4/5
<i>Was the item fair in price?</i>	Moderate in cost, just with a lot of ingredients but it does also make a lot of patties
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	Yes the prep time is accurate. The hardest part is making sure the veggies are cut fine and the chickpeas are well mashed. So use a food processor if you have one
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 5/5
<i>Did the end product look appealing?</i>	The most incredible appearance, it was really star quality!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Amazing, rich and hearty taste as well! The secondary taste tester was very impressed by its taste (even without being a peanut fan)
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	The most amazing texture, especially with spiralizing the yams. I loved the amount of crunch in the burger with the bits of peanut
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	So filling, especially with the peanut sauce and hearty bun
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Great overall balanced burger: 44% carbs, 49% fat and 17% protein – with 14.2 grams of protein! This is excluding bun or any lovely sides you may throw in.
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Freezes very well, and even the buns can

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<i>If so, how does it taste the next day, the day after?</i>	be frozen for a later date. I cannot wait to have leftovers!
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	
OVERALL SCORE:	46/50

