

# Veggie Burgers

*This is just a flavour packed, juicy vegetarian burger that's satisfyingly meaty!*

**Serves- Makes**

12-14 small burgers

Recipe **adapted** from

[www.recipetineats.com](http://www.recipetineats.com)



**Chilling time: 20 min to 1 hour**

## Ingredients

350g mushrooms, sliced  
2 teaspoons olive oil  
400g cannellini beans, drained (red beans, black beans)  
1 large carrot, grated  
½ cup (70g) cashews or sunflower seeds  
½ cup roasted chickpeas  
½ cup (55g) panko breadcrumbs  
1 cup (100g) grated parmesan (optional)  
1 egg or 3 tablespoons of aquafaba (the liquid from chickpeas)  
2 tablespoons vegan mayonnaise  
1 garlic clove, minced  
½ teaspoon of each paprika, salt and pepper  
¾ cup cooked brown rice (or any other grain)  
3 spring onions, sliced

## Equipment

Baking trays  
Baking paper  
Measuring cups and spoons  
Food processor  
Spoons  
Large bowl  
Knife  
Grater  
Garlic crusher

## Burger ingredients of your choice-

Soft buns, lettuce, tomato, cheese, pickles, sauces, avocado, beetroot, caramelised onions, coleslaw etc.

## Instructions

### BEANS AND VEGGIES:

1. Preheat oven to 180C.
2. Pile mushrooms on a baking tray. Drizzle over oil.
3. Spread beans and chickpeas on another tray, sprinkle carrots all over.
4. Bake both for 25 minutes until dried out and wrinkly.
5. Remove from oven and cool.



## PATTIES:

6. Place the carrot, beans, chickpeas, mushrooms and sunflower seeds and chickpeas in a food processor and blitz for 10 seconds until it looks like large breadcrumbs. Add to a large bowl.
7. Add breadcrumbs, egg/aquafaba, parmesan (if using), garlic, paprika, mayonnaise, salt, and pepper to the food processor. Blitz for 15 – 30 seconds until it comes together like meat burger mixture, but you can still see bits in it.
8. Add to a bowl and mix in rice and spring onion.
9. Scoop a quarter of a cup of mixture and use your hands to shape it into a burger. Place on a plate or tray and refrigerate for at least 20 minutes to 1 hour.



*Cook burgers cold, straight from the fridge in a fry pan or on the BBQ brushed with olive oil. Cook for 4 minutes on each side until a dark crust forms.*



*Serve on buns with other fillings and sauces of your choice.*