

Veggie Burgers

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

Serves- Makes 10-15 burgers

Recipe from

www.recipetineats.com

Chilling time: 1 hour



Ingredients

500g mushrooms, sliced
4 tsp olive oil
800g cannellini beans, drained (red beans, black beans)
2 large carrots, grated

1 cup (140g) cashews, raw unsalted (we substituted with sunflower seeds or roasted chickpeas)
1 cup (110g) breadcrumbs
1 cup (100g) grated parmesan
2 eggs
4 tbsp mayonnaise
2 garlic cloves, minced
1 tsp each paprika, salt and pepper
1 1/2 cups (300g) cooked brown rice (or any other grain)
1 cup green onions, sliced

Burger ingredients of your choice-

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

Equipment

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

Instructions

BEANS AND VEGGIES:

1. Preheat oven to 180C
2. Pile mushrooms on a baking tray. Drizzle over oil. Spread beans on another tray, sprinkle carrots all over.
3. Put beans on top shelf and mushrooms on the shelf underneath. Bake for 15 minutes or until surface of beans is dried out and splitting, and the carrots around the edge of the tray are a bit golden. Remove tray with beans from oven.
4. Move mushrooms to top shelf, bake for further 10 minutes until dried out and wrinkly.
5. Remove from oven, cool.



PATTIES:

6. Place cashews (sunflower seeds or chickpeas) in food processor and blitz until they are breadcrumb size.
7. Add beans, mushrooms, and carrot. Blitz on high for 10 seconds or until chopped to large crumb size.
8. Add breadcrumbs, egg, parmesan, garlic, paprika, mayonnaise, salt, and pepper. Blitz for 15 – 30 seconds until it comes together like meat burger mixture, but you can still see bits in it. Add rice and shallots, blitz for 2 seconds until just dispersed.
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 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.