

# Pumpkin & Sweet potato Burgers

**Season:** Autumn/Winter

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** Parsley, mint, garlic, onion, pumpkin & sweet potato.

## Equipment:

metric measuring scales and cups and spoons  
clean tea towel  
chopping board  
cook's knife  
frying pans – 1 small, 1 medium, 2 large  
grater  
2 baking trays  
wooden spoon  
large bowl  
potato masher  
large plate  
2 egg flips  
kitchen paper

## Ingredients:

1kg pumpkin, diced into 1–2 cm cubes  
1 kg sweet potato 4 tbsp olive oil  
3 spring onions finely sliced  
2 garlic cloves, peeled and finely chopped  
2 × 400 g tins chick peas, drained, rinsed and pureed.  
1/2 cup pepitas and sunflower seeds  
2 cups cooked lentils  
2 large handfuls of parsley, chopped  
1 Tbl ground coriander seeds.  
salt, to taste  
2 cups instant polenta

## What to do:

1. Preheat the oven to 180°C.
2. Prepare the ingredients based on the instructions in the ingredients list.
3. Lightly toss the pumpkin and sweet potato in 3 tbsps olive oil and roast for 20 minutes until tender.
4. Chop the spring onions garlic and herbs and put into a large bowl.
5. Once the pumpkin and sweet potato is cooked, mash it in the large bowl with the potato masher.
6. Add pureed chick peas, onions, garlic, seeds, herbs, 1/2 cup of polenta . coriander, salt to the mashed pumpkin and sweet Mix to combine.
7. Scatter polenta over a large plate.
8. Shape the patties. 1 large spoon of mixture per patty.
9. Roll the patties in polenta to coat them.
10. Heat two large frying pan over a medium heat with 2 tbsp of olive oil in
11. Shallow-fry the patties until golden, then drain on a baking tray lined with kitchen paper.

