

BEETROOT BURGERS



30 minutes



Spring to Autumn



Beetroot

INGREDIENTS:

- 1 onion
- 2 cloves garlic
- 1 cup cooked quinoa
- 1 can black beans, rinsed and drained
- 1 large or 2-3 small beetroot, roughly chopped
- 1 teaspoon cumin
- 1/2 teaspoon chilli powder
- 1/2 teaspoon smoked paprika
- 1/2 cup walnuts, roughly chopped

METHOD:

1. In a food processor, pulse the onion, garlic and beetroot until finely chopped. Add the black beans, quinoa and spices and pulse until it forms a rough mash.

OR, if you do not have a food processor.

1. Finely chop the onion and garlic. Grate the beetroot.
2. Add the onion, garlic and beetroot to a large bowl. Add the black beans, quinoa and spices. Mix everything together well until it forms a rough mash.
3. Add the walnuts and mix to combine.
4. Form mixture into 6 patties, roughly 8cm wide and 1cm thick.
5. Bake in the oven for 25 minutes at 200°C or cook in a non-stick frying pan for 5 minutes on each side.
6. Serve in a burger or wrap with salad leaves, tomato, pickles and any sauces you like. We think it works well with yoghurt, or tahini.

TIPS:

- *Squashing the beetroot patties flatter will make them cook faster.*
- *You can also make this with carrots if you do not like beetroot.*
- *You can keep the beetroot leaves to use in your burger or wrap instead of lettuce.*
- *A potato masher will help mix together the vegetables, quinoa and beans.*