



Super Beetroot Veggie Burgers



For vegetarians and observers of 'Meat-Free Monday', these burgers are delicious and satisfying plus they look good too with their purply-pink hue. And why do we call them 'super'? Well, they're decently packed with healthy ingredients, so they have to be good for you.

Ingredients (Makes 8)

- 30g pumpkin seeds
- 2-3 tbsp cold pressed rapeseed oil
- 1 red onion, finely chopped
- 2 cloves of garlic, crushed
- 100g fresh breadcrumbs
- ¼ tsp dried thyme
- salt and black pepper
- raw beetroot (weighing approx. 125g), grated
- courgettes (weighing approx. 195g), grated
- 1 large carrot, grated
- 400g tin butter beans, drained
- 1 egg, lightly beaten

Method

Heat a dry frying pan over medium heat and tip in the pumpkin seeds. Toast them until they taken on a light brown colour all over. Tip the seeds into a pestle and mortar and leave to cool. Once cooled, grind them coarsely. Set aside.

Heat 1 tablespoon of the oil in a frying pan over a medium heat. Gently fry the onion and garlic for 4-5 mins or until softened.

Put the breadcrumbs into a large bowl together with the ground pumpkin seeds, dried thyme and season generously with salt and pepper. Stir until combined. Add the fried onion and garlic, grated beetroot, courgette and carrot, stir to mix in.

Put the butter beans in a food processor and pulse to a coarse consistency. Try not to make it too smooth – you need some texture.

Add the butter beans to the bread and vegetable mixture, add the beaten egg and stir well until everything is evenly mixed.

Using your hands form the mixture into 8 patties and chill for about 3 minutes (or up to 24 hours). Heat the remaining oil in a non-stick frying pan over a medium heat and cook the burgers for about 2-3 mins each side until golden. This can be done in batches, just keep them warm in a low oven.