



Vegetable burgers

Serves 6
 Prep 15
 Cook 15

These vegetable burgers are low in saturated fat and full of flavour. They're a perfect addition for your next barbecue or picnic and can be served as a main with a side salad, or veggies on the side.

Ingredients

- 1 small carrot, grated
- 1 small zucchini (courgette), grated
- 400g can lentils, drained and rinsed
- 1 small can corn kernels (no added salt)
- 1 cup dry breadcrumbs
- 1 tbsp mayonnaise
- 1 egg
- 1 tbsp chopped chives
- 2 tbsp olive oil
- 6 medium bread rolls
- 6 tomato slices
- lettuce leaves, to serve

Tips:

- Once cooked, patties can be kept refrigerated for up to 4 days.
- Try substituting different grated vegetables in place of carrot and zucchini (courgette) for a variety of flavours.

Method

1. Combine carrot, zucchini, lentils, corn kernels, breadcrumbs, mayonnaise, egg and chives in a bowl and shape 1/3 cup of mixture into patties. Refrigerate for 30 minutes.
2. Pre heat a non-stick frying pan over medium heat, add oil and cook burgers in batches for 5 minutes on each side or until cooked through.
3. Place in oven for 5 minutes to cook through.
4. Serve on rolls with tomato, lettuce and salsa of your choice.

Nutritional Information (per serving)

ENERGY	CALORIES	PROTEIN	FAT	SATURATES	CARBOHYDRATE
1460kJ	349	13g	10g	2g	48g
SUGARS	FIBRE	CALCIUM	SODIUM	IRON	POTASSIUM
6g	7g	88mg	460mg	2.6mg	385mg



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