

Veggie burgers



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Veggie burgers

Preparation: about 20 minutes
Cooking: about 20 minutes
Serves: 6

¼ cup olive oil
1 brown onion, finely chopped
2 garlic cloves, crushed
1 large carrot, grated
2 medium zucchini, grated
2 slices stale whole grain bread,
torn into pieces
400g can chickpeas, drained and
rinsed
1 egg yolk
Salt and ground black pepper
Plain flour, for dusting

To serve:

6 wholegrain bread rolls
6 oak leaf lettuce leaves
1 Lebanese cucumber, thinly sliced
125g mini roma or cherry tomatoes,
quartered
½ cup satay sauce, warmed

1. Heat 1 tbs oil in large non-stick frying pan over medium heat. Add onion and cook, stirring often, for 4–5 minutes until tender. Add garlic, carrot and zucchini and cook, stirring often, for 5 minutes until tender. Set aside to cool.



Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.

2. In a food processor, process bread until fine crumbs form. Transfer to a plate. Place chickpeas, cooled drained vegetables and egg yolk in processor. Season with salt and pepper. Pulse until mixture comes together (it's very moist). Form mixture into 6 patties. Place on a tray lined with baking paper, cover and refrigerate for 30 minutes.
3. Heat remaining 2 tbs oil in a non-stick frying pan over medium heat. Lightly dust patties in flour. Cook patties for 4-5 minutes on each side until golden and cooked through. Place patties on toasted bread roll bases, top with lettuce, cucumber and warmed satay sauce. Serve with tomatoes.

