

Veggie Beet Burgers

Ingredients

- 1 ½ C rolled oats
- 1 can beetroot
- 1 can chickpeas 🍲
- 1 teaspoon cumin
- 1 teaspoon curry powder
- 1 tablespoon soy sauce
- 1 cup breadcrumbs

To Serve (Suggestions)

- Wholemeal burger buns
- Any fresh veggies you like!
- Sauce or cheese for toppings 🧀
- Check out the Cheats Aioli in the [Cracking Burgers recipe](#)



Directions

- 1) Drain the chickpea and beetroot cans.
- 2) Place the contents of the cans into a food processor or do two half mixtures into a magic bullet/blender. Scrape this mix out and add to a mixing bowl.
- 3) Add oats, egg, soy sauce and spices, mix to combine. Fold in breadcrumbs. Add crushed seeds here if you wish.
- 4) Sprinkle flour on a flat, clean bench surface or plate. Line a separate plate with baking paper.
- 5) Roll a tablespoon of mixture in your hands into a ball, roll in flour, then place on the lined plate. Refrigerate for 10-15 minutes. During this time, cut up your lettuce, onion, tomatoes, gherkins and any other fillings.
- 6) Heat oil in a frying pan on medium heat, wait until the pan is warm and cook patties for 5-6 minutes on each side.
- 7) It is best to do these in batches of 3-5. Keep them warm until you are ready to serve by placing them in a warm oven, or by adding them all back into the pan to warm once more.
- 8) When you're ready, build your burger and enjoy!

Chefs tip:

This recipe makes 10 small burger patties, but man they are filling! This is due to the high fibre content from the chickpeas and oats. Keep these in a sealed container for 3 days. Use leftover burger patties in other meals two without the burger buns; try them in wraps, or as a side to the next night's meal.



More recipes can be found on: www.sportwellington.org.nz