



Not-that-Naughty Burger with Frisbee Fries

Makes 2

BOSH!



This healthy burger is so good we've put it on the cover! Along with our own tasty vegan burger, we've created a healthier but still delicious burger sauce and a smoky relish that's sweet but contains no added sugar. Serve with frisbee fries and, well, you know what? Burgers have never tasted so good.

Ingredients

For the smoky relish

- ½ small red onion
- 1 small garlic clove
- 1 small fresh red chilli
- 150g cherry tomatoes
- ½ tbsp olive oil
- ¼ tsp smoked paprika
- ½ tbsp tomato puree
- 1 tsp soy sauce
- ¼ tsp maple syrup
- ½ lime
- Salt and black pepper

For the frisbee fries

- 150g new potatoes
- ½ tbsp olive oil
- Chilli flakes, to taste

Method

First, make the smoky relish;

Peel and dice the red onion.

Peel and grate the garlic.

Rip the stem from the chilli, halve it lengthways, remove the seeds, then finely dice.

Quarter the tomatoes.

Heat the olive oil in the frying pan over a medium heat;

Add the onion and a pinch of salt and cook, stirring, for 4-5 minutes.

Add the garlic and chilli and stir for 1 minute.

Add the tomatoes, smoked paprika, tomato puree and soy sauce.

Stir the ingredients together and simmer for 15 minutes, stirring occasionally to prevent the relish catching at the bottom of the pan.

Add the maple syrup.

Remove from the heat, squeeze the lime juice into the relish, taste and season to perfection with salt and pepper.

Transfer to a bowl and set aside, and wipe out the pan.

Next, cook the sweet potato for the burger patties;

Peel the sweet potato and cut into 2cm cubes, put on one of the lined baking trays and bake for 30 minutes.

Now, make the frisbee fries;

Slice the new potatoes into 3-4mm thick discs.

Add the olive oil to a mixing bowl along with a pinch of salt and pepper and some chilli flakes.

Put the potato slices in the bowl and toss to coat.

Spread the potato slices out on the other lined baking tray, put the tray in the oven and bake with the sweet potato for 20-25 minutes, turning them once after 15 minutes, until golden and crispy.

- ♥ 682 KCAL
- ♥ LOW SUGAR
- ♥ FULL OF FIBRE
- ♥ PROTEIN PACKED

Ingredients

For the burger sauce

1½ tbsp plant-based yoghurt
½ tsp sriracha
¼ tsp yellow mustard
½ tsp red wine vinegar

For the burger patties

130g sweet potato
½ onion
1 tbsp olive oil
85g pre-cooked brown rice
1 tbsp breadcrumbs
Pinch of salt
Pinch of ground black pepper
Pinch of ground cumin
pinch of garlic powder
pinch of smoked paprika
2 tsp plain flour
130g tinned black beans

To serve

20g dairy-free cheese
1 beef tomato (or slices from 2 different colour beef tomatoes)
1 small shallot
2 medium wholemeal burger buns (about 80g each)
4 lettuce leaves

Method

Meanwhile, make the burger sauce;

Put all the ingredients in a bowl and stir to combine.
Put the sauce to one side.

Peel and finely chop the onion for the burger mixture;

Pour half the oil into the clean frying pan.
Add the onion and fry for 8-10 minutes until very soft.
Transfer the onion to a large bowl and wipe out the pan.

Remove the sweet potato and fries from the oven; and keep the fries warm in the cooling oven.

Now, make the burger patties;

Put the baked sweet potato in the food processor.
Add the rice, breadcrumbs, salt, pepper, cumin, garlic powder, smoked paprika and flour.
Rinse the black beans, add them to the food processor, then whizz to a thick paste.
Scrape the paste into the bowl with the onion and mix everything together with a spoon.
Add the remaining oil to the pan and put it on a medium-high heat.
Divide the burger mixture into two and use your hands to mould them into patty shapes.
Place the patties in the hot pan and fry for 3 minutes on each side, until golden.

While the burgers are cooking, preheat the grill;

Grate the dairy-free cheese.
Cut two 5mm-thick slices from the beef tomato(es), keeping the remaining tomato for another recipe.
Peel and finely chop the shallot.
Sprinkle the dairy-free cheese on the burgers in the pan during the last minute of cooking, so it melts.
Cut the burger buns in half and toast under a hot grill, cut side up, for 1 minute, until golden.

Time to build the burgers and serve;

Spread a teaspoon of burger sauce over the cut side of the top half of the burger bun.
Spread 1½ tablespoons of relish on the bottom half (if you have any left over, put it in an airtight container in the fridge and eat within 5 days).
Place the burgers on the salsa-covered bottom half of each bun.
Sprinkle over the finely chopped shallot.
Lay the tomato slice(s) and lettuce over the burgers.
Close the lids of the burgers and plate them up.
Take the frisbee fries out of the oven, plate them up with the burgers and serve immediately.

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