



# Veggie Burgers

Serves 8



We've experimented with loads of different recipes for veggie burgers and this is our favourite. Plenty of flavour, great texture and the beetroot gives the whole thing a pleasingly meaty look. Try our special burger buns made with potato dough too. They're brilliant, though we say it ourselves.

## Ingredients

### For the smoky relish

- 1 tsp vegetable oil
- 1 red onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 x 400g cans of black beans, roughly mashed
- 100g cooked brown rice
- 2 small cooked beetroots, coarsely grated
- 1 tbsp tomato purée
- 1 tsp mushroom ketchup
- 1 tsp soy sauce
- 1 tsp onion powder
- 50g fine breadcrumbs
- Sea salt and black pepper

### To cook and serve

- Low-cal oil spray
- 8 slices of reduced-fat hard cheese (optional)
- 8 burger buns
- Lettuce leaves
- 2 tomatoes, sliced
- 1 red onion, sliced
- Gherkins, sliced

## Method

Heat the oil in a frying pan, add the onion and cook until it's very soft and lightly caramelised.

Add the garlic and cook for another couple of minutes, then take the pan off the heat, tip the onion and garlic into a bowl and leave them to cool.

Add the remaining burger ingredients to the cooled onion and garlic. Season well with salt and pepper, then put the mixture in the fridge to chill for a couple of hours.

Shape the mixture into 8 patties weighing about 100g each, then put them in the fridge again until you are ready to cook. You can also freeze the burgers at this stage: open freeze them until firm, then transfer them to a freezer-proof container.

When you are ready to cook the burgers, preheat the oven to 200°C/Fan 180°C/Gas 6.

Spray a baking tray with low-cal oil. Arrange the burgers on the baking tray, spray them with a little low-cal oil, then bake them for 20 minutes.

If using cheese, add it for the last 3–4 minutes of the cooking time.

Lightly toast the burger buns, then layer up the burgers with the salad ingredients and any condiments you like.

You could also add smoked tofu to your burgers instead of cheese. It's best to marinate and grill the tofu as for the TLT.