

Courgette & Beetroot Burgers

We're coming into that very special time of the year when every way we turn, there is something delicious just coming into season: as well as our yummy courgettes, onions, beans, potatoes and beetroot, we also have some herbs, tomatoes, peppers, chillies, aubergines, kales, cabbages... Everything is yummy roasted up in stews or pasta sauces; or sliced thinly in a tasty raw salad; but during the last few damp days, we've been hankering after something a bit more autumnal. What better than warm burgers, salad and crispy chips?

Makes 8

2tbsp olive oil

1 small onion, peeled & finely chopped

2 cloves garlic, crushed

1 beetroot, grated

2 courgettes, grated

1 large carrot, grated

100g wholemeal breadcrumbs

400g tin chickpeas, drained

3tbsp crunchy peanut butter

1 egg yolk

3tbsp chopped flat-leaf parsley/coriander



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Heat half the oil in a large frying pan over a medium heat. Sauté the onion and garlic for a few minutes until softened. Add the grated vege and stir-fry for a few minutes (drain off any liquid). Blitz together the bread, chickpeas, peanut butter and egg yolk until combined. Stir in the grated vegetables and herbs, and season well. Make into eight patties and chill for at least five minutes. Heat the rest of the oil over a medium heat and cook the burgers for a few minutes each side until golden. Serve with chips and a side salad and homemade coleslaw of onion, carrot and thinly sliced kale, turnip or kohlrabi.



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