

BULGARIA'S BEETROOT BURGERS

Full of plant-based goodness, these 'meaty' but meat free beetroot burgers are tasty and satisfying!

Makes 10-12 medium-size burgers

Prep time: 15 minutes

Cook time: 25 minutes

Ready time: 40 minutes

INGREDIENTS

- 500 g cooked beetroot
- 1 medium potato (approx. 160 g)
- 2 medium onions (approx. 200 g)
- 2 teaspoons dried rosemary
- salt, to taste
- black pepper
- 7 tablespoons chickpea/gram flour (or plain white flour if chickpea/gram flour is unavailable)
- 2 tablespoons rapeseed oil for frying
- 250 ml (1 small carton) soya cream, optional

METHOD

1. Grate the beetroot, potato and one of the onions into a bowl and remove the excess water. Add the rosemary, pepper and salt and mix well.
2. Add the flour and mix well again.
3. Heat the oil in a frying pan and drip heaped dessertspoonfuls of the mixture onto the frying pan and pat into flat burger shapes. Fry for 4-5 minutes, then turn over for another 3-4 minutes. Repeat with the rest of the mixture.
4. Place the burgers onto a greased baking tray and pour 250 ml soya cream over them, if using. Put in the oven (175°C/350°F/gas mark 4) for 10-15 minutes until hot.
5. Slice the second onion into rings and fry until golden brown. Sprinkle these on top of the burgers before serving. Serve with mash or boiled potatoes and a green salad.

