

Fresh for Kids™ Vegie burgers



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Leftover cooked patties are ideal for the school lunch box.

Ingredients:

2 medium carrots, peeled and grated
2 medium zucchini, grated
1 medium onion, finely chopped
425g can chick peas, drained, rinsed and mashed
1 egg
1/4 cup plain flour
Salt and ground black pepper
2 tbs vegetable oil
Toasted English muffins, to serve
Shredded Iceberg lettuce, to serve
Tomato sauce or reduced fat mayonnaise, to serve

Health benefits:

Carrots

- Excellent source of vitamin A
- Rich in antioxidants that are important for good eye health
- Contains some vitamin C and folate

Method:

1. Combine grated carrot and zucchini in a colander. Squeeze vegetables firmly to remove excess moisture. Pat vegetables dry with paper towel and place in a large bowl. Add onion, mashed chick peas, egg and flour. Season with salt and pepper to taste and mix until well combined.
2. Form mixture into 8 patties about 9cm in diameter. Place patties onto a baking tray lined with baking paper, cover with plastic wrap and refrigerate for 30 minutes (or longer if preferred).
3. Heat oil in a large frying pan over medium heat. Cook patties, in batches, for 5 minutes on each side or until golden and cooked through. Drain on paper towel.
4. Split and toast English muffins until golden. Top bases with shredded lettuce and a veggie patty. Drizzle with tomato sauce or mayonnaise, top with muffin tops and serve.

Makes: 8 patties

Preparation: 25 minutes (+ chilling time)

Cooking: 20 minutes

Note: Uncooked patties can be placed in an airtight container between layers of baking paper and frozen for up to 3 months.

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