SUPER WHOPPER VEGGIE BURGER

with your favourite toppings...

CRUNCH

Ingredients for 2 portions

You'll need: chopping board, sharp knife, small bowl, frying pan, spatula

1/2 tsp olive oil
1/2 onion, peeled, finely chopped
100g tofu
100g chickpeas, drained
1 small carrot, grated
1 clove garlic, peeled and crushed
1 tsp dried thyme
salt and black pepper
2 thin slices cheese (optional)
1tbsp sunflower oil for frying

To serve:

2 wholemeal burger buns or ciabatta rolls
2 crisp salad leaves
1 tomato, sliced
4 slices cucumber or gherkin
relish, mustard, mayo or ketchup

Prepare The Ingredients First. Then Follow Steps 1 to 7.

Step 1

Heat the olive oil in a small frying pan and VERY GENTLY saute the onion for 3-5 minutes or until soft.

Step 2

Place the burger ingredients in a mixing bowl. Mix together with your hands until combined.

Step 3

Shape into two burgers. You can use a large cookie cutter or burger shaper if you like.

If time, chill in the fridge for 30 minutes to allow the burgers to firm up.

Step 4

Preheat the griddle or frying pan and then cook the burgers for 3-4 minutes each side, turning them over just once.

Step 5

If using cheese, top each burger with a slice of cheese toward the end of the cooking time. Set aside on a plate while you toast the burger buns.

Step 6

Cut the rolls in half and toast, cut side down, on the griddle or frying pan.

Step 7

Assemble the burgers with your preferred toppings and enjoy!