

Prep : 20 minutes

Cooks: Hob

Makes: 4 burgers



COOKING PASSION SINCE 1877

# BEETROOT VEGGIE BURGERS WITH HALLOUMI AND MICROSHOOTS



Nicky  
Kitchen Sanctuary



## Ingredients

- 2 large raw beetroot, peeled and finely grated
  - 75 g cooked brown or green lentils, drained
  - 200 g cooked kidney beans, drained
  - 70 g **rolled oats**
  - 30 g **panko breadcrumbs**
  - 2 cloves garlic, peeled and minced
  - ½ tsp salt
  - ½ tsp black pepper
  - 1 tsp lemon juice
  - 1 tsp ground cumin
  - 1 tsp ground coriander
  - ½ tsp chilli flakes
  - 2 **tbsp plain flour**
  - 1 egg
  - 2 **tbsp vegetable oil**
  - 1 large or two medium sweet potatoes, peeled and sliced
  - 200 g **halloumi**, sliced
- To Serve:**
- 4 toasted **sesame seed brioche buns**
  - 50 g microshoots (we used a mixture of pea shoots, broccoli shoots and **mustard leaves**)
  - ½ red onion, peeled and sliced
  - 2 **tbsp mayonnaise**
  - 2 **tbsp fresh pesto** (see tip)
- Allergens highlighted in bold.

## Step 1

Place the beetroot, lentils, kidney beans, oats, panko, garlic, half the salt and pepper, lemon juice, cumin, coriander, chilli flakes and flour into a food processor. Pulse until well combined, but still with a little texture. Add the egg and pulse once more until combined.



## Step 2

Form the mixture into 4 patties and heat the griddle pan on the induction hob on a medium-high heat.



### Step 3

Brush the burgers with oil and place on the griddle.



### Step 4

Brush the sweet potato slices with oil and sprinkle with the remaining salt and pepper. Place on the griddle too.



### Step 5

Cook the burgers and sweet potato on the griddle for approximately 8 minutes, turning once halfway through cooking, until lightly crusted. Then remove from the griddle.



### Step 6

Place the sliced halloumi on the griddle and cook for 2-3 minutes, turning once, until lightly golden.



### Step 7

Now it's time to assemble. Place the base of the brioche buns on plates and add the microshoots and slices of sweet potato. Top with the burgers, followed by the halloumi slices and red onion. Drizzle on the mayonnaise and pesto, then place the tops of the brioche buns on the burgers. Serve immediately.



We suggest: NEFF Griddle Plate

Enjoy the flavours of grilling and the ease of induction cooking with this dishwasher proof Griddle. Typical grill pattern – allows oils to run down the gaps, which is great for healthy meals.

