

recipe. Homemade Veggie Burgers

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RECIPES

Information

Recipe from: All Recipes co uk
Language: English
Persons: 8
Preparation time: 35 mins
Nutrition: 194.8kcal
Tags: Vegetarian, burgers

Recipe

Heat the olive oil in a frying pan over low heat, and cook the onion and garlic for about 5 minutes, until tender. Mix in the carrots, squash and courgette. Continue to cook and stir for 2 minutes. Remove pan from heat, and mix in oats, cheese and egg. Stir in soy sauce, transfer the mixture to a bowl, and refrigerate 1 hour.

Preheat the barbecue for high heat.

Place the flour on a large plate. Form the vegetable mixture into eight round patties. Drop each patty into the flour, lightly coating both sides.

Grill or pan fry patties for 5 minutes on each side, or until heated through and nicely browned.

Ingredients

- 1 dessertspoon olive oil
- 1 small onion, grated
- 2 cloves crushed garlic
- 2 carrots, grated
- 1 small summer squash, grated
- 1 small courgette, grated
- 100g (4 oz) porridge oats
- 30g (1 oz) grated Cheddar cheese
- 1 egg, beaten
- 1 tablespoon soy sauce
- 200g (7 oz) plain flour