

Green garden burgers

This moreish veggie burger packed with carbs & protein is also an ideal post-workout meal

Makes 6-8 burgers

Ingredients:

olive oil for greasing/drizzling

400g canned chickpeas, drained and rinsed

500g frozen broad beans, defrosted

400g canned flageolet beans, drained and rinsed

75g breadcrumbs

2 garlic cloves, crushed

4 salad onion, finely sliced

10g fresh mint, roughly chopped

20g each fresh oregano and basil, roughly chopped

5 tbsp polenta flour or cornmeal placed into a shallow dish

Method:

1. Preheat an oven or grill to 220°C and line a baking tray with lightly greased foil. Blend together the chickpeas, beans, and garlic using a food processor or hand blender until about $\frac{3}{4}$ of it is blended. Remove to a bowl and stir in the remaining ingredients by hand except the polenta flour.
2. Shape the mixture into patties and gently press each into the polenta flour to coat. Place on the baking tray and drizzle with a little olive oil. Bake or grill for 15-20 minutes until golden on each side. Serve in buns or pitta breads sandwiched with some spinach, tomato and a little cream fraiche.

Just add water®

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