



Veggie burgers

GREEN (ACT & SA) / Everyday (NSW)

Makes 15 patties

Ingredients:

- 500g sweet potato, peeled, chopped, cooked and mashed
- 2 x 400g cans green or brown lentils, drained
- 1 clove garlic, crushed
- 1 carrot, grated
- 1 cup wholemeal breadcrumbs
- 1 egg, lightly beaten
- 2 tablespoons flat leaf parsley, chopped
- Canola oil spray

Method:

1. When the cooked sweet potato is cool, add in the remaining ingredients and mix well.
2. Divide into 15 even balls and shape into patties.
3. Allow patties to set in fridge for at least one hour.
4. Spray a hot frying pan with canola oil spray and cook patties on medium heat for 5 minutes or until golden, before turning over and cooking for a further 5 minutes.

Tips:

- Wrap patties individually and freeze until needed.

Recipe tested by JG March 2016

Nutrition information:

Veggie burgers	Per serve (78g)	Per 100g
Energy (kJ)	295	378
Protein (g)	3.6	4.6
Fat – total (g)	0.8	1.0
Fat – saturated (g)	0.2	0.2
Carbohydrates – total (g)	10.8	13.9
Carbohydrates – sugar (g)	2.8	3.6
Sodium (mg)	140	179
Fibre (g)	-	-