



## **SHEESY BEETROOT BURGERS**

*Prep. time 30 minutes | Cooling time 4 hours | Cooking time 8 minutes | Serves 4*

These delicious Sheesy Beetroot Burgers will bring a smile to the faces of all the family as they tuck into this great alternative to the usual meat-free burgers - great for a summer evening!

### **Ingredients**

- 2 tablespoons oil
- 1 onion, finely diced
- 1 chilli, finely diced
- 2 garlic cloves, crushed
- 2 uncooked beetroots, peeled and grated
- 2 courgettes or carrots, grated
- 1 x can chickpeas, drained
- 100g oats
- 3 tablespoons tahini or almond butter
- 1 tablespoon flaxseed + 2 tablespoons water
- 3 tablespoons coriander
- 3 tablespoons parsley
- Salt and pepper to season
- Pack of Mild Cheddar Style Sheese Slices



### **Cooking Method**

Heat 1 tablespoon oil in a pan then add the onion, chilli and garlic and cook for 5 minutes.

Add the beetroot and carrot/courgette and cook for a further 5 minutes. Drain away excess liquid and set aside.

Mix together the flaxseed and water and set aside for 10 minutes to thicken. Add to a food processor along with the oats, chickpeas, tahini or nut butter, herbs and seasoning and blend well.

Stir in cooked veggies, mix well then divide the mixture into 6 and shape into burgers. Chill for up to 4 hours.

When ready to cook, heat the other tablespoon of oil in a pan and cook for a 3-4 minutes on both sides. Cook the others in batches.

Place a slice of the Sheese on top of each and place under the grill for a minute or two to melt.

Serve burgers in a bread bun with salsa, cucumber (and maybe hummus too!).