Beetroot Burgers

A delicious vegetarian take on the classic burger, loaded with vegetables and served with zesty apple cabbage slaw.

Serves: 5 people   Prep times: 30 mins

Cook times: 15 hours   Difficulty: Easy

Ingredients

- 200g beetroot, grated
- 200g tofu, crumbled
- 1/2 red onion, finely chopped
- 1/2 garlic clove, crushed
- 1 teaspoon thyme leaves, dried
- 1 teaspoon parsley, chopped
- 1 quarter lemon zest
- 1/3 cup breadcrumbs or oats
- Black pepper, to season
- Olive oil

Apple slaw ingredients

- 1 cup red cabbage, shred thinly
- 1/2 cup fennel bulb, thinly sliced
- 2 medium apples, coarsely grated
- 2 tablespoons whole egg mayonnaise or yoghurt
- 20ml lemon juice
- 1 teaspoon parsley, finely chopped
- Black pepper, to season

To serve

- 5 wholemeal bread rolls, halved
- 2 tablespoons tahini

Method

1. Prepare oven trays with baking paper.
2. In a large mixing bowl combine the beetroot, tofu, onion, herbs, zest, breadcrumbs and egg. Form burger shaped patties with mixture and place onto trays. Cover and refrigerate for 2 hours.
3. To make the slaw: add all the ingredients in a large bowl and mix until well combined. Cover and set aside until needed.
4. Preheat oven 180C. Cook beetroot burgers for 20 minutes. Check to see if they patty is cooked through.
5. To serve, halve the bread rolls, spread with tahini, add a burger and top with the apple slaw.

This recipe is part of Nutrition Australia Vic Division's Long Day Care Menu Pack.