

BEETROOT VEGGIE BURGERS

DAIRY
FREE

VEGETARIAN



Makes
4



Prep Time 30 minutes (plus 15
minutes refrigeration)



Cook Time 6–
8 minutes



A Little
More Effort



INGREDIENTS

- 1 small onion, finely chopped
- 1 tsp Gregg's Ground Smoked Paprika
- 400g can Wattie's Chickpeas in Springwater, drained

METHOD

1. Heat a dash of oil in a frying pan and sauté the onion over low heat until soft. Add the Gregg's Ground Smoked Paprika and stir until fragrant. Remove from the heat.

- 450g can **Wattie's Sliced Beetroot**, drained
- ¼ cup chopped fresh parsley
- 100g creamy feta, crumbled (omit for dairy free)
- 4 burger buns, cut in half and toasted

Toppings of your choice:

- Rocket leaves
- Avocado
- **Wattie's Sliced Beetroot**
- **HEINZ [SERIOUSLY] GOOD™ Original Mayonnaise**

2. Place the drained **Wattie's Chickpeas** in a food processor and process until they are well mashed.* Transfer to a mixing bowl.
3. Finely chop ½ the can of **Wattie's Sliced Beetroot** and add to the chickpeas with the onion mixture, parsley and crumbled feta. Mix well then form into patties.** Refrigerate for 15 minutes.
4. Heat a little oil in the frying pan. Cook the patties over medium–low heat for 3–4 minutes on each side or until golden and hot.
5. Serve in toasted buns with toppings of your choice: rocket leaves, avocado, the remaining **Wattie's Sliced Beetroot** and **HEINZ [SERIOUSLY] GOOD™ Original Mayonnaise**.

TIPS

- *Make sure the chickpeas are well drained before processing. Process well to ensure chickpeas are mashed so they will bind with other ingredients to form firm patties.
- **If you find your mixture is too wet, add a little chickpea flour or plain flour before forming into patties.