



January Superfood Burgers

Serves 5 / 40 Minutes / Easy / V / Vegan

You will need:

- 1 Sweet potato, peeled and chopped into cubes
- Half a cup of Cooked Quinoa
- 1 Cup of Steamed Kale

- 1 Diced White Onion
- 1 teaspoon of Ground Cumin

Non-Vegan Addition

- 1 whisked egg to help the breadcrumbs stick
- 1 bowl full of breadcrumbs mixed with flour

Method:

1. Begin by steaming the sweet potato in a pan for 20 minutes, until the cubes are soft. When the sweet potato has softened, mash to make a purée. You may need to extract the water using a tea towel to wring out the moisture. Then add the kale, stirring to mix it well.

2. In a separate frying pan, place the chopped garlic, a little oil and the chopped onion. Cook on low heat for 10 minutes.

3. At this point, place some water on to boil for the quinoa and let it cook for 10 minutes.

4. Add the quinoa to the sweet potato and kale mix and sprinkle in the cumin, some salt and pepper. The mixture will be too hot to shape with your hands so place it in the freezer for an hour to cool, or if you're cooking in advance you can also leave it in the fridge overnight.

5. When cool enough to handle, mould a small fistful of the mix into a mini burger shape – without making them too thick. If you are using an egg, place the raw burger into the egg mix and then place into the flour and breadcrumbs, making sure both sides are covered.

6. Place 200ml of olive or vegetable oil in a pan and cook the Superfood burgers for 5 minutes turning them over mid-way through. You can leave them to cook for another 10 minutes or alternatively for less frying time, you can transfer them to the oven for 10 minutes at 200C / Gas Mark 6.

7. Serve the burgers topped with some pesto, soured cream, Greek yoghurt or Halloumi with some salad for a clean burger fix!



Nutritional Information Per Burger

Calories	325	Sodium	32 mg
Total Fat	7 g	Potassium	97 mg
Saturated	2 g	Total Carbs	8 g
Polyunsaturated	0 g	Dietary Fibre	12 g
Monounsaturated	2 g	Sugars	7 g
Trans	0 g	Protein	13 g
Cholesterol	0 mg		
Vitamin A	6%	Calcium	2%
Vitamin C	0%	Iron	4%

