

Ultimate Veggie Burger with Pickled Carrot Slaw



Serves 4 Prep 1h

Cooking 20 mins

Easy

Ingredients

2 tsp vegetable oil + extra for frying
1 small onion, diced
2 large Portobello mushrooms, finely chopped
2 sweet potatoes, peeled and diced
100g cooked couscous
1 egg, beaten
2 tbsp chopped parsley
zest of 2 limes
4 tbsp plain flour + extra for dusting

For the carrot slaw

1 large carrot, thinly shredded
2 tbsp rice wine vinegar
1 tsp golden caster sugar

To serve

2 tbsp mayonnaise
4 burger buns
2 handfuls of rocket or spinach leaves

1. In a medium frying pan, heat 2 tsp vegetable oil. Add the onion & mushrooms, season & fry until everything is soft, ± 5 mins. Put the sweet potatoes in a microwavable bowl, cover with cling film & microwave on high for 5-6 mins until soft. Mash the sweet potatoes, then add to the pan with the onion mix. Tip into a large bowl & leave to cool.
2. Add the couscous, egg, parsley, lime zest, flour and some seasoning. Mix with your hands, then form into four large burgers. Sprinkle with flour & chill for 30 mins to firm up.
3. Put the carrots in a small bowl with the vinegar, sugar and 1 tsp salt. Cover and leave to pickle until ready to eat.
4. Heat a frying pan and pour in a thin coating of oil. Fry the burgers on a medium-low heat to allow the centre to cook slowly. When browned, after about 10 mins, gently flip over and cook for the same time on the other side. Drain the pickled carrots and toast the buns.
5. Brush the buns with the mayo. Layer on the spinach or rocket, burgers and the carrot slaw.