

# RECIPE

## ***BEETROOT AND FETA BURGERS***

### **Burger Ingredients**

- ✔ 1 large beetroot, raw, grated
- ✔ 2 cloves garlic, crushed
- ✔ ½ cup coconut flour, or other flour
- ✔ ½ red onions, chopped finely
- ✔ 1 finely chopped spring onion
- ✔ ¼ teaspoon cumin
- ✔ 80g feta, crumbled
- ✔ 2 tablespoon oil, for cooking

### **To Serve**

- ✔ 1 lettuce
- ✔ 1 tomato, sliced
- ✔ 1 serving aioli, to spread over four burger buns; alternatively use tahini dressing

### **Instructions**

1. In a large bowl place the beetroot, garlic, flour, onion, spring onion, cumin and feta. With a fork, combine really well until the mixture sticks together.
2. Shape the mix into four even-sized patties. Refrigerate until ready to cook.
3. Heat a little of the oil in a pan. Cook the patties for 4 or 5 minutes each side. Keep hot in the oven while you heat your buns.
4. Serve with your favourite filling.

