

Beetroot burgers

Serving 4

Preparation time: 50mn

Cooking time: 20mn



Ingredients:

1 big raw beetroot

2 carrots

½ chopped onion

1 or 2 crushed garlic clove

1 tbsp of vinegar (apple vinegar is great)

2tbsp of olive oil (or veggie oil)

100g of cooked rice

3 tbsp of cooked chickpeas

1 egg

2 tbsp of shred coriander or parsley

1 tsp of spices (the ones you like)

3 tbsp of nuts, or walnuts or flax seeds

Some breadcrumbs

Salt

1) Set the oven at 180C

Peel and cut the beet and carrots

2) Well mix all the vegetable in a dish with some salt, vinegar and oil

Put in the oven for 35 mins

3) Once cool down, mix with rice and chickpeas. Add the egg, coriander, seeds and spices.

Shape the mixture in 8 burgers of 2cm high

4) put back in the oven for 20mn.

Eat with some salad or some cooked sweet potatoes