

Beetroot & Black Bean Burgers (GF/DF)



This weeks recipe of the week is from Casey-Lee Lyons of Live Love Nourish. The recipe was originally made in collaboration with Roza's Gourmet Sauces - a great business that sells a variety of chutneys, pesto's and mayos online and around the country. The burger patty is made using black turtle beans (one of our favourite here in store) and is a bit of fun using roasted sweet potato in place of a burger bun. Enjoy!

Ingredients:

1 medium to large sweet potato

1/2 cup black turtle beans (cooked and drained)

1 cup grated raw beetroot

1 cup cooked & cooled quinoa

1 cup cooked & mashed pumpkin

1/4 small red onion, finely diced

1 long red chilli, deseeded and finely chopped

1 teaspoon ground cumin

Pinch of salt and pepper

Your Favourite Toppings:

4 tablespoons of Roza's Gourmet Chilli Mustard

1 tablespoons of Roza's Gourmet Horseradish Dressing

1/2 cup lettuce leaves

1 large tomato, sliced

Extra Virgin Olive Oil

Method:

1. Pre-heat the oven to 180°C.
2. Slice your sweet potato into rounds about 1/2 cm in thickness.
3. Brush each side of the sweet potato with olive oil and place on a tray lined with baking paper. Bake in the oven for 30-35 minutes or until tender (turning half way).
4. In a mixing bowl, mash the cooked black beans (or pulse in a blender or processor).
5. In your food processor add the beans along with the beetroot, quinoa, pumpkin, onion, chilli, cumin, salt and pepper and pulse until well mixed to form a textured paste.
6. Line a large baking tray with baking paper and using egg rings fill in each egg ring on your tray with the patty mix, pressing down into shape.
7. Remove the egg ring and repeat until you have no mixture left. (If you don't have an egg ring just mould into a circular shape with your hands).
8. Bake the patties in the oven for 25-30 minutes or until cooked and firm to hold.
9. Make your burgers with sweet potato at the bottom topped with Roza's chilli mustard, lettuce and a patty. Top the patty with Roza's Horseradish dressing, tomato and a second sweet potato on top. Serve whilst hot. Enjoy!

Inspiration: For even more flavour try adding a little of Roza's Dairy Free Pesto

Gluten Free | Dairy Free | Vegan | Grain Free | Refined Sugar Free

To see more from Casey-Lee you can visit her website [here](#)