

Homemade Veggie Burgers

Ingredients

- 1 tbsp olive oil
- 300g Quorn mince
- 1/4 teaspoon salt
- Pinch of pepper
- 1/4 teaspoon of chilli powder
- 1 small onion
- 1 garlic clove
- 1 egg beaten
- 100g breadcrumbs
- 1 tablespoon of plain flour



Equipment

Vegetable chopping board, knife, 1 mixing bowl, teaspoon, tablespoon, garlic crusher, pan, greaseproof paper, baking tray, wooden spoon

Method

1. Dice the onion finely and crush the garlic on a chopping board.
2. Heat the 1 tsp olive oil over a medium heat in a large pan. and add the onion and garlic. Gently fry together, stirring continuously to avoid burning for 3-4 minutes.
3. Add the Quorn mince and stir everything together for about 5 minutes until the mince mixture is quite wet, then remove the pan from the heat and allow the mixture to cool fully.
4. When cooled, in a mixing bowl combine the mince mixture, breadcrumbs, chilli powder and season with a little salt and pepper.

5. Add the egg bit by bit combining the mixture with your hands.
6. Using your hands shape the mixture into 3/4 burgers. Coat very lightly with the plain flour and rest, covered in the fridge for 20 minutes.
7. Cook the burgers in the oven 180 degrees/gas mark 5 until lightly browned

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