

Nutrition Confidence Recipes

Brought to you by ADSA
(Association for Dietetics in South Africa)

Veggie Burgers

Recipe by Vanessa Marx, Head Chef at Dear Me

Photograph by Claire Gunn

Ingredients

350 g butternut cubes
350 g sweet potato cubes
150 g lentils, cooked
2 ml ground cinnamon
2 ml ground nutmeg
30 ml extra virgin olive oil
Salt & ground black pepper
1/2 cup ground almonds
1 whole ice berg lettuce

Method

- 1 Preheat the oven to 180°C.
- 2 Add butternut, sweet potato & oil in a roasting tray.
- 3 Sprinkle cinnamon, nutmeg, salt & pepper.
- 4 Roast in the oven for 30min, until soft.
- 5 Leave butternut & sweet potato to cool.
- 6 Mix lentils, veg & half the almonds in a bowl.
- 7 Mash the mixture together until even.
- 8 Taste and add more seasoning if necessary.
- 9 Split the mixture into 6 evenly sized balls.
- 10 Shape into burger patties & coat in the remaining almonds.
- 11 Drizzle oil into a non-stick frying pan on medium heat.
- 12 Fry the patties for 1min on each side until golden brown.
- 13 Put your burger patty on the middle of a whole ice berg leaf.
- 14 Wrap your burger up in a lettuce leaf & serve.

Tip Add favourite burger toppings like guacamole, salsa & fresh sprouts.

Makes 6 burgers



We love it!

The lettuce leaf is a perfect low kilojoule & low carb 'roll'!



Dietitians say...

Sweet potato is a low GI alternative to regular potato with a high soluble fibre & vitamin A content.

Lentils & chickpeas contain a combination of protein, carbs, fibre, minerals, folate & vitamin B. Legumes' low glycaemic index keeps you full for longer!

Avo is a low sugar fruit & high in healthy mono-unsaturated fat. It's a power house of vitamins & minerals like folate, potassium & lutein (good for eyesight).

