



Vegan Beetroot Burger with Hazelnut and Chilli 'Pesto'

Makes: 6

Prep time: 20 minutes

Cook time: 1 hour

For the burgers:

400g raw beetroot, grated (around 3 beetroots)

100g brown rice (dry weight)

1 red onion, peeled and finely chopped

4 cloves garlic, crushed or finely grated

2 teaspoons paprika

2 teaspoons ground cumin

1 teaspoon ground coriander

40g breadcrumbs

Zest of 2 lemons

For the hazelnut and chilli 'pesto':

100g toasted hazelnuts

These satisfying burgers are full of the earthy flavour of beetroot, and are finished with a lively relish based on a pesto - packed with nuts and herbs, it adds fragrance and texture to the burgers.

Method:



1. Cook the brown rice in boiling salted water for around 45 minutes, or until tender, then drain. Set aside to cool.

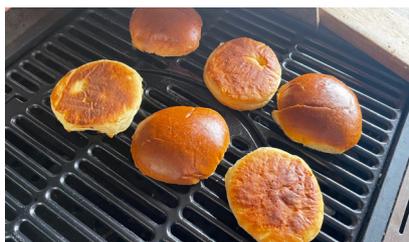
2. Light 2 gas burners on the Jupiter Outback BBQ and set the heat to medium-low. Heat a splash of oil in a frying pan and cook the onion for a few minutes, until soft but not coloured. Add the garlic and cook for a minute more, taking care not to burn it. Add the paprika, cumin and coriander, mix well, reduce the heat to low and cook for another minute, stirring.

3. Combine the spiced onions, beetroot, rice, breadcrumbs and

- 1 large handful basil leaves
- 2 cloves garlic
- 1 teaspoon chilli flakes, or to taste
- 4 tablespoons olive oil
- 1 tablespoon lemon juice

To make the burgers:

- 6 brioche burger buns
- Red onion slices
- Lettuce leaves



lemon zest along with some salt. Mix everything really well with your hands, squeezing and kneading it until it comes together well – this will take a minute or so.

4. Refrigerate the mixture for at least half an hour. Shape the mixture into ball shapes then flatten into burger shapes.

5. Place the burgers on the BBQ over direct heat and increase the heat to medium. Cook for around 5 minutes each side, turning carefully.

6. Combine all the ingredients for the pesto in a small blender or pestle and mortar and pulse or crush to a rough paste. Season with salt and set aside.

7. Toast burger buns briefly on BBQ before assembling the burger.

8. To serve, place a lettuce leaf into each burger bun and add a beetroot burger. Top with red onion slices, the pesto and the tops of the burger buns.