



Vegan Burger Builder



Choose one ingredient from each category.

Mix & Match

- **Grains or starch (1 cup cooked):** Barley; bulgur; oats; rice; buckwheat; quinoa; Sweet potato; pumpkin
- **Plant proteins (2 cups cooked):** Black beans; Adzuki beans; kidney beans; white beans; chickpeas; Lentils; firm tofu
- **Vegetables (1 cup diced & cooked):** carrots; mushrooms; celery sticks; onion
- **Liquid ($\frac{1}{4}$ - $\frac{1}{2}$ cup adjust as needed):** vegetable stock

Choose one ingredient from each category.

Mix & Match

- **Binder** (1 TBSP flaxseed meal + 2 TBSP water or 1 Tbsp chia + 3 Tbsp water)
- **Texture (1-2 TBSP)** crushed nuts; chopped sundried tomatoes
- **Herbs/Seasoning (1/2-1 tsp):** basil; parsley; dill; mint; coriander; chives; chills; ginger; green onions; nutritional yeast; jalapenos; toasted nuts; spice blends (curry, sweet paprika, Italian seasoning) – adjust to taste
- **Optional (for rolling patties):** sesame seeds; vegan bread crumbs

Instructions

- Preheat oven to 200C
- In a bowl, mash the protein
- Add grain/starch and mix well by hand
- Add the vegetables, binder, spices, texture and mix
- Add liquid to obtain consistency and firmness required
- If it feels too crumbly, add liquid. If it feels too watery, add grains or starch
- Form and then Place patties on non stick sheets
- Bake for 8-10 minutes
- Remove patties from oven and flip on other side
- Continue to bake for another 8-10 minutes or until the centre of the patty feels firm

Enjoy!

- Have it with a whole meal bun, or for calorie control enjoy it as an open sandwich, or even a burger with a salad
- Top up burger with a vegan satay sauce, tomato relish, chutney, hummus, leafy greens, cucumber, beet root, tomato, pineapple, onions or sundried tomatoes