



Beetroot and Quinoa Burger

Makes 6

Ingredients

- 2 medium beetroots
- 100g Quinoa
- 200g potato
- 1 small bunch of dill
- ½ red chili (optional)
- 1 tsp ground ginger
- 1 tsp smoked paprika
- Olive oil
- Salt and pepper

Method

1. **Cook the Quinoa according to the packet instructions and place to one side to cool.**
2. **Peel and cut the potato into 2cm cubes and bring to the boil in a pan of salted water. Reduce to a simmer and cook for 10 minutes or until the potatoes are soft. Strain and mash. Leave to one side to cool**
3. **Peel and grate the beetroot and place into a large mixing bowl. Finely chop the dill and chili and add to the beetroot along with the spices and some salt and pepper. Add the cooled mashed potato and quinoa and mix well.**
4. **Pre heat your oven to 180°C**
5. **Shape the mix into burgers either using a chef's ring or keep them rustic and do it by hand. Continue the process with all of the mix.**



6. Line a baking tray with grease proof paper and coat with a little olive oil. Place the burgers onto the baking tray and cook for 20 minutes before turning and cooking for a further 15 minutes.
7. The burgers are ready to eat, fresh from the oven or can be stored in the fridge for 3 days or frozen for 6 months.

Why not serve the burgers in a wholemeal bun with some lettuce, tomato and red onion.