Dinner

# Beetroot, Carrot and Kale Burgers

Grated beetroot, carrot and kale are softened with onion and garlic, then bound with cooked semolina and shaped into patties. Pan fried until golden and topped with melting cheese, they tuck neatly into wholemeal buns.



Nut free

| 75 min | 296 | 34.9 g | 9.6 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 6 servings

- [ ] ½ cup of Community Co Semolina
- [ ] 3 beetroot
- [ ] 3 carrots
- [ ] 3 kale leaves
- [ ] ½ onion
- [ ] 2 cloves of garlic
- [ ] 6 slices of low fat cheese
- [ ] Salt and pepper (if needed)
- [ ] 3 tsp Community Co olive oil
- [ ] 6 wholemeal burger buns

## Method

- [ ] **1** Toast the semolina in a dry pan over medium heat until light brown, then tip it onto a plate and let it cool completely. Keep 2-3 tablespoons of the toasted semolina back for coating.
- [ ] **2** Peel the beetroot and grate it into a bowl, then grate the carrots in a separate bowl.
- [ ] **3** Finely chop the kale leaves, then chop the garlic cloves and the onion.
- [ ] **4** Bring 1 cup of water to the boil in a pan, drop the heat to the lowest setting and stir in the semolina, holding back the reserved 2-3 tablespoons, stirring as you go so no lumps form. Turn off the heat and leave it to cool completely.
- [ ] **5** Warm 1 tsp of the olive oil in a pan and soften the onion and garlic over medium to low heat. Add the grated carrots and beetroot and cook until soft, then stir in the kale and cook for a few minutes more. Take the pan off the heat, work the cooled cooked semolina through the vegetables and season with salt and pepper if needed. Set aside to cool.
- [ ] **6** Once the mixture is cool, shape it into 6 patties using about ½ cup of mixture each, then coat every patty in the reserved toasted semolina.
- [ ] **7** Heat the remaining 2 tsp of olive oil in a pan and cook the patties for 5-10 minutes on each side. Lay a slice of the low fat cheese on top of each patty for the last few minutes so it melts.
- [ ] **8** Transfer the patties to a plate to cool slightly, then serve them in the wholemeal burger buns.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **296** |
| **Total fat** | 11.7 g |
| Saturated fat | Not listed |
| **Sodium** | 532 mg |
| **Total carbs** | 34.9 g |
| Fiber | 8.7 g |
| Total sugars | 9.6 g |
| **Protein** | 15.6 g |

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