

THE HAPPY VEGETARIAN

with Melanie Murugen
RUC's Green Monday Champion

Vegan "Burgers"

I had a chat with some of our congregants after church about what their children will eat and about vegan meals that have been experimented with. Well, vegan burgers came up in our discussions and I thought, great, this is a nice basic recipe that you can adapt for various purposes. Vegan burgers are easy to buy but some are quite "synthetic" or soya

heavy. My mum came up with this one day. It is an easy to hold finger food for little hands, and it is a delicious Burger Go Lightly for bigger hands. You can serve it with hummus and other veggies (tomatoes, avos, whatever your kids like). For David and I, I do something as in the picture below. A burger base, topped with hummus and an onion and tomatoe mix, and a fresh green salad on the side. Or you can use as a falafel, and eat as



You can bake or fry.

Recipe

Ingredients:

2 x cans of chickpea
2 x onions
200 g x coriander
Handful of parsley
1 x green chillie (optional)
Two potatoes boiled and roughly mashed
Spices of choice (eg. 1/2 x teaspoon turmeric; 1 x teaspoon curry powder or paprika/spice you like)
1 x teaspoon salt or to taste
1 x level teaspoon ginger and garlic paste (optional)

Method:

Blend onion. Set aside
Blend green ingredients. Set aside
Blend chickpeas. Set aside
Mix in one bowl.
Add spices
Add mashed potatoes.
Add breadcrumbs to give consistency to make a patty
Add cornflour or flour if you prefer to bind it further
Add salt to taste (about 1 teaspoon)

Scoop 1 x tablespoon at a time and make into patties

Fry (turn in flour if frying) or brush with oil and bake at 180 degrees for approximately fifteen minutes. Turn mid-way.

Gluten-free: This is also gluten-free if you use gluten-free breadcrumbs. I make breadcrumbs at home by toasting gluten free

bread in the oven, then by blending and sieving. You can use store bought or homemade crumbs, of course.

Finally, I encourage you to send me vegan recipes, especially simple, wholesome ones that you have used and vegan meals that appeal to you.

Happy eating and experimenting.
With love, Melanie