

Veggie Burgers

Ingredients- per table

- 75g red onion ,chopped
 - 175g medium potatoes
 - 75g carrot, grated
 - 75g leeks, choppped
 - 1 clove garlic, crushed
 - 50g mushrooms , diced
 - 1/2 tsp fresh thyme
 - 20g Gruyere cheese, grated
 - 40g fresh breadcrumbs
 - 1 small egg yolk
 - Flour for dusting
 - 1 tsp clear honey
 - 1/2 tbs soy sauce
 - 1/2 tbs olive oil
- Tomato and cucumber
to serve.

Method

1. Prick the potatoes and microwave them for 10 mins, set aside to cool.
2. Heat the olive oil in a large frying pan and sauté the onion , leek, carrot, mushrooms, garlic and thyme for 10 mins. Make sure the mixture is dry and leave to cool.
3. Peel skin off potatoes and lightly mash with a fork.
4. Add vegetables to the potato.
5. Add honey ,soy sauce, egg yolk, cheese and breadcrumbs and mix together well.
6. Shape into burgers and lightly dust with flour.
7. Add oil to frying pan and fry the burgers for 3-4 mins on each side.
8. Slice cucumber and tomatoes and place in bread roll with burger.