

# VEGETARIAN BURGER MADE OF BEETROOT, TOMATO, CORN SALAD AND ROCKET

**Prep + cook time:** 1h 30min **Serves:** 4

## Ingredients

600 g | 4 cups beetroot, peeled and cubed  
2 tbsp olive oil, plus extra for drizzling  
150 g | ¾ cup black lentils, rinsed and drained  
3 tbsp silken tofu, beaten  
1 small onion, finely diced  
1 large clove garlic, minced  
30 g | ½ cup fresh white breadcrumbs, plus extra as needed  
1 pinch red chilli flakes  
2 tbsp flat-leaf parsley, chopped

4 tbsp mayonnaise  
1 tbsp lemon juice  
½ tsp dried tarragon  
4 wholemeal burger buns or rolls, split in half  
50 g | 2 cups lamb's lettuce, washed  
1 beefsteak tomato, thinly sliced  
1 red onion, thinly sliced  
50 g | 2 cups rocket, washed  
salt  
freshly ground black pepper

1. Preheat the oven to 180°C (160° fan) | 350°F | gas 4.
2. Toss the beetroot with olive oil in a roasting tin. Roast for about 30 minutes until soft to the tip of a knife and coloured at the edges.
3. Meanwhile, place the lentils and 400 ml water in a small saucepan and bring to a boil over high heat.
4. Cover and simmer over low heat until the lentils have absorbed the water and are tender to the bite, about 15 minutes. Drain well and let cool to one side.
5. Remove the beetroot from the oven when ready and set aside to cool for 5 minutes. Transfer to a food processor and pulse until broken up but not mushy; keep some of the texture.
6. Tip into a mixing bowl and add the cooked lentils, beaten tofu, onion, garlic, breadcrumbs, chilli flakes, parsley, ½ tsp salt, and 1/4 tsp black pepper.
7. Mix until thoroughly combined, adding more breadcrumbs if the mixture is too wet or sloppy.
8. Divide and shape into eight thin patties. Arrange on a baking tray and drizzle with some olive oil on both sides.
9. Bake for about 30 minutes, turning halfway, until dry to the touch and coloured at the edges. Remove from the oven when ready and let cool under aluminium foil.
10. Stir together the mayonnaise, lemon juice, dried tarragon, and a pinch of salt and pepper in a small bowl.
11. To assemble, top the bottom halves of the buns with lamb's lettuce and a beetroot patty; top with tomato, red onion, and 1 tbsp mayonnaise mixture. Sit the remaining patties on top and top with rocket and the tops of the buns.

