


# BEETROOT, CHICKPEAS, CARROTS & MIXED SEEDS BURGERS



I love beetroots, I love chickpeas, and I love seeds, so I thought it might be fun to mix all these ingredients together and see whether the result was edible. Not only was it edible, but also *delicious*! Each ingredient has a plethora of vitamins, nutrients, fibre, carbohydrates and plant-based proteins to offer, such as...get ready for it... vitamins A, B6, C, K, E, phosphorus, iron, manganese, potassium, folate, copper, folic acid, zinc, magnesium, selenium, niacin, pantothenic acid and calcium. *Woooo!* Written down, these are *not* simple veggie/pulse/seed patties, but superfood on a plate! And they taste so yummy! The only reason I can think of not eating them, is if you have an allergy to seeds. Other than that, make them for yourselves and see how good they make you feel!

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<b>Yields:</b>	<b>Prep. Time:</b>	<b>Cook Time:</b>	<b>Total Time:</b>
<b>9-10</b> burgers	<b>0</b> hours <b>20</b> minutes	<b>0</b> hours <b>40</b> minutes	<b>1</b> hour <b>00</b> minutes
			
Not suitable for freezing		Suitable from <b>18</b> months, and then make sure your baby is	not allergic to any seeds
			
Suitable for vegans			Suitable for vegetarians

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## INGREDIENTS

- 3 beetroots, cut into small cubes
- 1 medium red onion, halved and quartered
- 2 small carrots, sliced
- 3 cloves garlic, leave in their skin and remove after baking
- 300g already-boiled chickpeas
- 1 large handful parsley, finely chopped
- 3 Tbsp tahini
- 1 tsp fresh thyme
- ½ tsp fresh rosemary
- 160g sunflower seeds

- 100g pumpkin seeds
- 3 tsp sesame seeds
- ½ tsp black sesame seeds
- Zest of 1 lemon
- 3-4 Tbsp olive oil, for baking

Some vegetarian alternatives (as opposed to vegan):

- 1 egg, lightly beaten
- 50g grated Parmesan

And some spicy alternatives:

- ½ tsp cayenne pepper
- ½ tsp ground coriander powder
- ¼ tsp turmeric
- 1 tsp ground cumin
- 1 medium-sized spring onion, finely chopped, including the green parts

## METHOD

1. Soak your chickpeas overnight. For 300g cooked chickpeas, it's about 125g uncooked. If you want, you can also use already cooked chickpeas.
2. Boil the chickpeas until tender. Don't add any salt at all, as the chickpeas will remain like hard little balls and never soften. Salt will be added later to the mixture.
3. Drain boiled chickpeas and allow to cool.
4. Scrub the beetroots well under water until dirt is removed, (leave the skin on), then chop into cubes.
5. Peel your onion, cut in half, then in quarters.
6. Peel your carrots, and slice.
7. Preheat oven at 200C/392F.
8. Place the vegetables, as well as the 3 garlic cloves (leaving their skin on), on a baking sheet, drizzle with olive oil, and bake for about 30 minutes.
9. Whilst the veggies are baking, place the boiled chickpeas, parsley, rosemary, thyme and tahini in a food processor, and whizz until they all come together.
10. Take out the baked vegetables once ready, and let them cool for a few minutes.

11. Squeeze the garlic cloves out of their baked exterior, then add all the vegetables into the food processor, and blitz until they have all been chopped into small pieces. The garlic will be extra sweet and yummy this way.
12. Empty everything into a large bowl.
13. Go back to the food processor and add the sunflower and pumpkin seeds. They should be ground down, but not too finely – there should still be some seeds showing. You don't want to make flour out of them, but they do need to be rather finely chopped. The end result should be rather rustic.
14. Add the ground seeds to the mixture in the bowl, as well as the sesame seeds and black sesame seeds.
15. Add 1 tsp salt and pepper, and mix.
16. Stir everything well, pressing with your hands or a spoon as you go. This will help the ingredients gel together.
17. As a vegetarian alternative, (as opposed to vegan), you can also add 1 lightly beaten egg to the mixture so it'll hold better, but that's optional.
18. As another vegetarian alternative, you can also add 50g grated Parmesan to the mix.
19. Place greaseproof paper on a baking sheet and brush some olive oil all over.
20. Form 9-10 patties with your hands, squeezing the mixture, place on the baking tray, and press down lightly with your hand. Brush some more olive oil on top of each burger.
21. The oven should still be hot, so place the burgers in, and bake about 7 minutes on one side, flip over, then bake for another 6-7 minutes on the other side.
22. Serve with salad, or in a burger bun.
23. If you prefer something spicier, add ½ tsp cayenne pepper, ½ tsp ground coriander, ¼ tsp turmeric and 1 tsp ground cumin powder to the bowl, and mix.
24. You can also add finely chopped spring onion (including the green parts, for colour), to the mix.