



bit spicy

# Spicy veggie burgers

These lovely, easy vegetable burgers are livened up with a spoonful of curry powder (we used our garam masala, but something with a bit of a bite, such as our Goan Red blend, would work really well!). Serve with a tangy yoghurt dressing - although for a vegan version, use brown sugar instead of the honey, and soy yoghurt. **serves 4-6**

- 500g cooked butterbeans, mashed (see Cook's notes, below)
- 2 onions, very finely chopped
- 1 large carrot, 2 sticks celery and 1 small sweet potato, finely diced
- 4 cloves garlic, crushed
- 1 tbsp curry powder plus 1tsp salt
- handful chopped fresh coriander
- 2 handfuls fresh breadcrumbs
- oil for frying

For the sauce:

- small pot of thick yoghurt
- 1 tbsp chilli sauce (sweet or hot, it's up to you!)
- 1 tsp curry powder plus a good pinch of salt

1. Heat 2 tbsp oil in a heavy pan and gently fry the onion until soft.
2. Add the other vegetables, cover and cook until they are all soft. Add the curry powder, cook for a few minutes, then leave to cool.
3. Make the sauce by combining all the ingredients, and chill.
4. Make about 12 burgers by combining the veg with the butterbeans and coriander. Taste and season if necessary.
5. Place the breadcrumbs in a bowl and dip each burger in to cover.
6. Heat a couple of tbsp oil in a frying pan and gently cook the burgers on each side until golden brown. You may wish to add a little extra oil when you turn them over.
7. Serve with the yoghurt and sticks of cucumber.

**Cook's notes:**

- Use 2 tins of butterbeans, or 250g dried weight. They are easier to mash if slightly warm
- These are also delicious with sweet chilli sauce or even a hot chilli sauce.



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- Any firm vegetables will work well, so try celeriac, butternut squash or leeks. You can also add mushrooms or peppers - whatever you have!