

IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

VEGGIE BURGERS

- 3 slices old bread, make into breadcrumbs
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 tablespoon oil
- 2 tablespoons flour
- herbs (whatever you have at home and you like)
- salt and pepper
- 1 egg
- 1 cup leftover vegetables, such as carrot, peas or sweetcorn. You could also add baked beans, or cereals such as bulgur wheat or rice

BY ORGANICLEA
AND THE HORNBEAM
CAFÉ, WALTHAM FOREST

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Preparation time

20 minutes

Serves

6

Per100g:

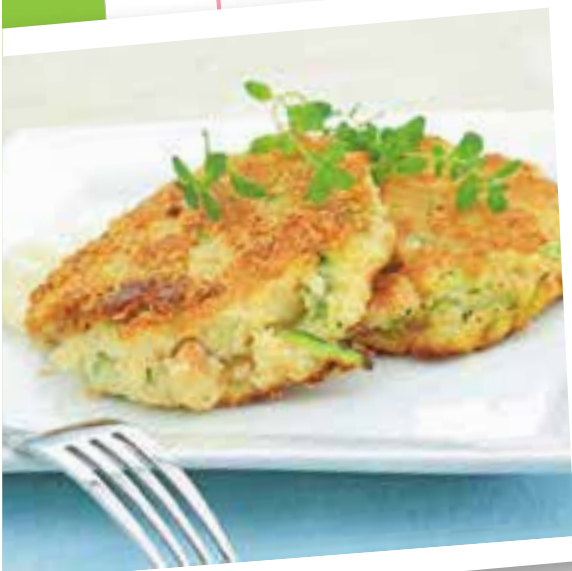
Energy

1295kJ/310kcal

Protein 3.5g

Carbohydrate 35g

Fat 17.3g



1. Mix all the ingredients together except the flour and oil, mashing the beans with your hands while mixing and mould into balls the size of an egg.
2. Put the flour on a plate. Coat the balls with a thin layer of flour and then create a flattened burger shape.
3. The burgers can be fried or baked. If frying, place oil in a pan under a moderate heat and cook the burgers for about five minutes each side. If baking, preheat the oven to 200°C (gas mark 6), place on a tray with a drizzle of oil and bake for 15 – 20 minutes.

Top tip: These burgers are great served with salad, sauces, potato wedges or mashed potato.

For more money-saving recipes, visit
wiseuptowaste.org.uk/foodwaste