



Monster Veggie Burgers



Kids love burgers - and encouraging them to eat a monster for lunch is an easy way to get extra vegetables into their diet. Decorating the buns is great fun too!

Ingredients (makes 4 burgers)

175g peeled white potatoes, chopped
1 tbsp olive oil
1 onion, chopped
75g carrot, grated
50g savoy cabbage, chopped
1 clove garlic chopped
1 tbsp basil, chopped (optional)
1 tsp tomato ketchup
½ cup flour
½ cup oil for frying
15g fresh breadcrumbs/1 slice of bread
15g parmesan, grated
1 tsp fresh thyme chopped or half a tsp of mixed dried herbs (optional)
Small tomatoes, a cucumber and a carrot - and some cocktail sticks - for the decorations!

Instructions

To make the breadcrumbs, simply blitz a slice of bread in a food processor. Meanwhile, cook the potatoes in boiling salted water for about 15 minutes until soft. Drain well, then mash.

Heat 1 tbsp of oil in a frying pan. Add the onion and fry for 3 minutes. Add the carrot and cabbage and fry for 5 to 8 minutes until soft. Add the garlic and fry for 1 minute. Leave to cool.

Add the potato, cheese, thyme, basil, ketchup and breadcrumbs. Mix together and season. Shape into 4 burgers and coat in flour. Then heat a little oil in a frying pan. Fry the burgers for about 5 minutes, turning over halfway through. Use the cocktail sticks to make your monster faces with the cucumber, tomatoes and carrots, and serve in a burger bun with shredded iceberg lettuce and tomato.