

VEGAN RAINBOW BURGER RECIPE

Prep time: 15 minutes
Cook time: 5-10 minutes
Serves 4-6 people



INGREDIENTS

- 1 medium red onion, peeled and roughly chopped
- 1 medium yellow pepper, diced
- 1 cup whole kernel corn
- 2 spring onion stalks, chopped
- ½ large baby marrow, grated
- 1 can (15 oz) chickpeas
- 1 large tomato, chopped into quarters
- 1 small avocado, skin removed
- ½ tablespoon garlic powder
- ½ tablespoon dried Italian herbs
- 1 teaspoon ground paprika
- salt and pepper, to taste
- 1-1/2 cups oat flour
- coconut oil, for grilling

INSTRUCTIONS

1. In a large bowl, combine the red onion, yellow pepper, corn, onion and baby marrow. Mix well and set aside.
2. Add chickpeas, tomato, avocado, and herbs into a high-speed food processor and pulse until smooth and blended thoroughly.
3. Pour mixture into the vegetables and mix until well combined.
4. Slowly start adding the oat flour, ½ cup at a time, until the mixture holds its shape when moulded into round patties.
5. Once you're happy with the mixture's consistency, mould between 4-6 patties (depending on what size you prefer). Place to the side.
6. Heat the grill and brush with coconut oil, make sure there's enough so your patties don't stick.
7. Place patties on the grill and close lid. Cook for 3-5 minutes, or until well-browned on the underside. Reduce heat if they are browning too quickly.
8. Once cooked, flip the patties gently and cook on the other side for another 3-5 minutes.
9. Remove patties from grill and let them cool slightly.
10. Serve burgers with your favorite buns, dressings and sides. Enjoy with family and friends.

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