

## ROASTED VEGGIE BURGERS

### Equipment needed –

Chopping boards, knives, measuring spoons, electric scales, large bowl, baking trays, baking paper, colander, sieve, scissors, 3 serving platters, frying pan, masher and grater.

### Ingredients from the Garden –

- 500 grams of sweet potatoes
- 500 grams of pumpkins
- 3 large turnips
- 2 large zucchinis
- 4 tablespoons of snipped chives
- 3 tablespoons of parsley

### Ingredients from the Pantry –

- 2 teaspoons of ground cumin
- Olive oil spray
- 200 grams of feta cheese crumbled
- 2 cans of chickpeas
- 100 grams of rolled oats, plus 140grams extra

### What to do –

1. Preheat the oven to 200°C and line 2 large baking trays with baking paper.
2. Cut the sweet potato, pumpkin and turnips into a 2cm dice and arrange over the baking trays.
3. Spray with olive oil, season with salt and pepper and sprinkle with 2 teaspoons of cumin.
4. Roast for about 25 minutes or until golden and tender. Transfer to a large bowl and set aside to cool.
5. Open the cans of chickpeas into a colander over the sink and rinse well with cold water. Add to the bowl of vegetables and mash well.
6. Grate the zucchini, place in a sieve and squeeze out any excess moisture. Add the zucchini to the bowl of roasted vegetables.
7. Measure out 100 grams of rolled oats and add the veggie mix.
8. Crumble the feta cheese and add to the veggie mixture.
9. Finely chop the chives and add to the bowl with the veggies.
10. Pick and chop the parsley and add to the bowl with the veggies. Season well with salt and pepper and mix well to combine.
11. Using clean hands, shape into patties, making enough for 1 for every person.
12. Place the extra 140 grams of oats on a plate and press each patty into the oats to cover on all sides.
13. Heat some oil in a large non-stick frying pan over a medium heat. Cook the patties for 3 minutes on each side or until crisp and golden.
14. Divide the patties amongst 3 serving platters to serve.

Serves –

- 28 students.