



# Recipe Card

.....

## Rainbow Vegan Burgers with Salsa Relish

.....

How  
difficult is it?



Free From  
Fourteen Vegan™

liked by 

 AllergyUK

# Ingredients

- 1 sweet potato, coarsely grated
- 3 carrots, coarsely grated
- 1 courgette, coarsely grated
- 1 beetroot, coarsely grated
- 3 shallots, chopped
- 2 garlic cloves, minced
- 3 tbsp gluten-free oats
- 2 tbsp pumpkin seeds
- Handful chopped fresh coriander
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- Several turns of salt
- Multiple turns of black pepper
- 400g tin of cooked chickpeas
- Juice of a lemon
- 1 tbsp olive oil
- 8 large field mushrooms, wiped and peeled
- 3 chopped fresh tomatoes or 200g of tinned chopped tomatoes
- ½ green chilli, finely chopped
- Slices of red onion
- Slices of tomato
- Some lettuce - sweet gem works well

# Rainbow Vegan Burgers with Salsa Relish

---

## Instructions

1. Preheat the oven to 180°C. Use a food-processor or hand-grater to coarsely grate the sweet potato, carrots, courgette and beetroot and put in a large bowl along with the shallots and garlic.
2. Put the oats and pumpkin seeds into a hand-blender jug and blitz down to a fine texture. Add this mix to the grated vegetables. Add the herbs, salt, black pepper and mix well.
3. Add chickpeas, lemon juice, olive oil into the hand-blender jug and blitz. You may need to add a little water to start it off. Add the thick paste to the vegetables/oats and mix thoroughly.
4. Use your hands to make balls with the mixture and flatten them into a burger shape, make at least 4 burgers. Put onto a large lightly oiled baking tray. Place in the oven for 20 minutes, remove from the oven, flip the burgers over and add the mushrooms to the baking tray. Cook for a further 20 minutes or until the burgers crisp up and the mushrooms are golden brown.
5. Mix the tomatoes, green chilli, some fresh coriander and some salt together to make the salsa relish.
6. Serve the burgers in the mushroom 'buns' with sliced tomatoes, red onion, lettuce leaves and a good dollop of salsa relish.