



?E? in our Vegetarian Alphabet experiment is covered by Edamame Beans.

We had a tub of the Urad Dal stuffing from this recipe in the freezer, which made a great foundation for the Burger. - <http://www.eatwellonuc.org.uk/index.php/recipes/308-aubergine-baked-boats>

The recipe for the Gluten free bun is also here. - <http://www.eatwellonuc.org.uk/index.php/recipes/51-monster-burger>

What you put in your burger is entirely up to you, but our Bean based Burger went something like this:-

Ingredients:-

Urad Dal ? (Split Black Lentils)

½ tube of Tomato Puree

3 Onions, sliced

2 cloves of Garlic, minced

Mixed Herbs

Salt & Pepper

Chilli Flakes

These were the base ingredients in the stuffing from the previous recipe

250g Edamame Beans

50g Gluten free Bread crumbs

Grated Cheese

Method:-

- (1) We thawed the stuffing and the Edamame Beans
- (2) In a large bowl we mixed the Bean, Stuffing and Bread crumbs.
- (3) Oil a square oven tray.
- (4) Blend the Burger ingredients in a food processor.
- (5) Press the Burger mix into the tray and flatten.
- (6) Place in a pre-heated oven at 180c and cook for 20 minutes.
- (7) Flip with a Fish slice and cook for a further 20 minutes.
- (8) Place under the grill to brown slightly.
- (9) Sprinkle with the grated Cheese and pop back under the grill until the Cheese has melted and slightly browned.
- (10) Assemble your Burger.

We made crispy battered Chips and Onion rings as a side / garnish. This was actually two days worth of food for us and we had the remainder yesterday!