



## Nutbeet burgers

Don't let the picture fool you - these are totally plant based and quick to make. Serves 4. Per serve:  
Cal: 407; Fat: 35.5g; Pro: 9.1g; Carbs: 10.9g

**Serves: 4, Prep time: 00:05, Cook time: 00:20**

### Instructions

Preheat oven to 190 degrees and line a baking tray with baking paper and/or grease tray with coconut or olive oil.

Using a food processor, place all ingredients into the bowl (or blender jug) and blend until well mixed.

Leave to stand for 10 minutes or so (allowing the chia seeds to expand - add a bit of water/almond milk if there isn't enough liquid that comes from the beetroot package\*).

Using your hands, form 4 even sized patties and place on the baking tray (mixture is a bit sticky, that's okay).

Bake 10 minutes one side, then turn over and finish off (our oven is quite hot, so cooking time may vary). You can fry these instead if you wish.

*\*If using fresh beetroot, you want to boil or roast beetroot first*

### Ingredients

- 250 grams Leaderpack beetroot
- 1.33 cups Walnuts
- 4 tablespoon Chia seeds
- 1 tablespoon Dijon mustard
- 2 teaspoon Smoked paprika
- 0.5 teaspoon Salt, Himalayan, (or to taste)