

VEGETABLE BURGERS

Ingredients

3-4 potatoes, peeled, washed and diced into 8

2 carrots peeled and sliced

1 corn cob, kernals removed

1 clove garlic peeled and sliced

1 small piece ginger peeled and sliced

1 small chilli sliced thin

2-3 tsp spice seeds toasted

1 tin beans, drained (check with Kath for allergies)

½ cup frozen peas

Polenta for dusting

Steam potatoes, carrots and corn altogether till tender.

Using pestle and mortar make paste with garlic, ginger, chilli and spices... grind with a little salt.

Lay cooked veg on large platter and mash coarsely with a fork.

Add remaining and chill mix in fridge while cleaning down.

Roll into balls, toss in polenta and cook in greased pan till golden.