

Vegetable Burgers with Beetroot Dip

Ingredients

4 large potatoes
 2 large carrots
 1 corn cob
 1 large clove garlic
 2cm piece ginger
 1 small chilli
 1 tsp cumin seeds
 1 tsp coriander seeds
 400g tin cannellini beans
 ½ cup frozen peas
 Salt
 Polenta for rolling
 Oil for frying

Beetroot Dip

2 egg yolks
 1 dill pickle
 ½ Tbs dijon mustard
 1 Tbs white wine vinegar
 1 clove garlic
 450g tin beetroot
 1 cup oil (approx)

What to do:

- 1) Peel the potatoes. Wash and chop into 8 pieces
- 2) Peel the carrot and chop in half length-ways. With the flat side on the board, slice into pieces
- 3) Chop the corn kernels off of the cob
- 4) Steam the potatoes, carrots and corn over a pot of boiling water for 10-15 minutes or until tender. Spread cooked vegetables out onto a large platter to cool
- 5) Toast the cumin and coriander seeds in a small frypan for a few minutes until fragrant
- 6) Peel the garlic and ginger. Chop into small pieces
- 7) Chop the chilli in half. Remove and discard the seeds and pith. Chop into small pieces
- 8) Add the garlic, ginger, chilli and toasted seeds to a mortar and pestle. Sprinkle with salt and smash into a paste
- 9) Drain the beans and rinse under cold water
- 10) Coarsely mash the cooked vegetables and with a fork. Add the garlic, ginger paste, drained beans and frozen peas. Mix together
- 11) Using your hands, roll a tablespoon of the vegetable burger mix into a ball the size of a golf ball. Roll the ball in polenta and flatten slightly. Repeat with all the mix
- 12) Heat some oil in a large frying pan over medium-high heat. Cook the burgers for 3-5 minutes each side until golden
- 13) **To make the beetroot dip.** Drain the beetroot well
- 14) Chop the pickle into small pieces
- 15) Peel the garlic and chop finely
- 16) Add yolks, pickle, mustard, vinegar and garlic to a tall jug. Blend into a paste with a stick blender
- 17) Slowly add the oil while blending
- 18) Add beetroot and blend until smooth
- 19) Serve the golden vegetable burgers with the beetroot dip
- 20) Enjoy

