

Green Burgers

Double recipe for the class

Ingredients:

2 cups frozen peas

1 small bunch silver beet, leaves stripped from stems, washed, spun and chopped

2 spring onions, roughly chopped

2 garlic cloves, smashed and peeled

1 table spoon jalapenos

1 can chickpeas, rinsed and drained

25g parmesan cheese, grated

1 egg

$\frac{3}{4}$ cup quick oats

What to do:

- 1) Place the peas and half the silver beet in a large bowl and pour over boiling water to cover, stand for 1 min and drain.
- 2) When cool enough to handle squeeze extra moisture out with your hands.
- 3) Place all ingredients into a food processor and blitz until chopped fine and combined.
- 4) Chill mixture in the fridge for 10mins while you clean up the workstation.
- 5) With wet hands, roll mix into balls (enough for the class).
- 6) Fry burgers for around 5 mins either side.