



# Beetroot and feta burgers

15'

Hands on

40'

Cook Time

4

Portion(s)

2

Difficulty



## Method

For the beetroot burger

- Place a pot full of water over high heat. Cover with lid and bring to a boil.
- In the meantime, wash and clean the beetroots.
- As soon as the water boils, add them to the pot and boil for 25-30 minutes.
- When ready, drain and set aside.
- Cut the beetroots into small pieces and strain with a kitchen towel so that they have no moisture.
- Transfer to a bowl and add the rest of the ingredients.
- Knead well and shape into 4 patties.
- Place a large nonstick pan over medium to high heat.
- Add 1 tablespoon of olive oil and the beetroot patties.
- Cook for 4-5 minutes on each side, until golden.
- When ready, drain on paper towels.

For the dip

- In a food processor, add all of the ingredients for the dip and beat for 2-3 minutes until completely combined. (The pistachio nuts will not be completely ground. You want there to be small pieces in the mixture.)

To serve

- Cut a hamburger bun in half.
- Spread 1 tablespoon of the dip on the bottom bun and add the beetroot patty over it.
- Add a slice of tomato and some lettuce.
- Cover with top bun and serve.

## Ingredients

For beetroot burger

- 400 g beetroots
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 1 bunch basil, finely chopped
- grated zest and juice from 1 lemon
- 100 g flour
- 20 g olive oil
- 1 egg, medium

For dip

- 50 g pistachio nuts
- 200 g feta cheese, crumbled
- 1 clove garlic
- 1 tablespoon olive oil
- salt
- pepper
- 1 tablespoon parsley
- 1 tablespoon basil
- 1 tablespoon mint

To serve

- 4 hamburger buns
- 1 tomato
- 1 lettuce

## Διατροφικός πίνακας

Nutrition information per portion

576 Calories (kcal)	29.3 Total Fat (g)	9.9 Saturated Fat (g)	52.0 Total Carbs (g)
29%	42%	49%	20%
13.1 Sugars (g)	22.0 Protein (g)	6.4 Fibre (g)	2.3 Sodium (g)
15%	44%	26%	38%