



## Vegan Burger & Chips Recipe

### Information:

Recipe Serves: 4

Happy Calories: 0

Preparation Time: 30 mins

Cooking Time: 40 mins

Vegan, Nut Free, Gluten Free

### Instructions:

Pre-heat the oven to 200°C, fan 180°C, gas mark 6

Chop 6 carrots, the butternut squash and sweet potato into chip sized chunks

Place on a baking tray, spray with low calorie cooking spray, season with salt and pepper and pop into the oven for 30-40 minutes, shaking occasionally

(You can season with garlic, mixed herbs, paprika or just salt and pepper)

Finely dice the onions, mushrooms, spring onions, and garlic

Fry the onions on a low to medium heat for 5 minutes

Add the mushrooms, spring onions and garlic and cook for a further 5 minutes

Leave to cool

Drain the pinto beans, pat dry with kitchen paper and mash with a fork

Combine all of the ingredients together, add the chopped parsley and season with salt and pepper, mix well

Divide the mixture into balls, and flatten into 1 inch thick patties

Fry on a medium heat on both sides for 3-4 minutes

Slice half of the tomatoes, cucumber and lettuce, set to the side

Thinly slice the red onion and the remaining carrots, lettuce, cucumber and tomatoes, mix it all together and drizzle over a fat free vinaigrette

Slice the rolls in half, add the burgers, top with lettuce, tomato and cucumber

Plate up the chips and salad and dig in!

P.S our guacamole recipe goes perfectly with this dish, check it out

### Ingredients:

### Amount:

Onion	1 Small
Garlic Cloves	1
Mushrooms	255g
Spring Onions	3
Pinto Beans	1 Can
Low Cal Cooking Spray	1 Bottle
Parsley	1tsp
Sea Salt	ToTaste
Cracked Black Pepper	To Taste
Butternut Squash	1 Small
Carrots	8
Sweet Potato	2 Large
Lettuce	Small Handful
Tomatoes	4 Medium
Cucumber	1 Medium
Red Onion	1 Medium
Bread Rolls (gluten free)	4

