

Rocket Burgers with Tomato Salsa

Rocket has a spicy flavour but is not just for salads. You could also use watercress, spinach, kale or nettles. I served these with baked potatoes, but you could also put them in buns.

Makes 6 burgers

1 pack rocket (60g)
 1 ½ tins or mugfuls of cooked beans
 3 spring onions, chopped
 2 tbsp soy sauce
 2 tsp ground cumin
 1 tbsp root ginger, finely grated
 3 cloves garlic
 1 tbsp tahini or peanut butter
 1 egg
 4 tbsp oatmeal or rolled oats, plus extra for coating.
 Salt and pepper
 Oil for frying

1. Put the rocket and beans into a food processor and pulse to roughly chop and blend together.
2. Add the spring onions, soy sauce, cumin, root ginger, garlic cloves, tahini and egg. Pulse again to mix, then add the oatmeal, salt & pepper. Pulse again, the mixture should be dry enough to stick together, if it's too wet, add some extra oats.
3. Divide the mixture into 6 and form into patties. Roll in more oats to coat.
4. Heat about 1cm depth of oil in a large frying pan, when the oil is hot enough to sizzle when a flake of oats is dropped into it, fry the burgers for approx. 5mins each side.
5. Drain on kitchen paper once browned and crisp.

Make the salsa

2 large tomatoes
 4 spring onions
 1 tsp chilli flakes (optional)
 Juice of ½ lime

1. Cut the tomatoes into 5mm cubes, finely slice the spring onions. Mix them together with the chilli flakes and lime juice.
2. Serve with the burgers either on the side or in a bun.



Hints, Tips and Adaptations

*Gluten free if you use gluten free oats, dairy free, vegetarian, burgers are freezable, microwavable.
 Use any tinned or dried beans
 Spice the salsa up or down depending on the amount of chilli you use.*