

# Zesty Cauliflower Burgers



**Serves:** 6

**Prep time:** 20 minutes

**Cook time:** 30 minutes

**Dietary:** V

## Ingredients

- ½ cup uncooked quinoa (or 1 cup cooked quinoa)
- 600g cauliflower (approx. 4 cups florets)
- 1 tablespoon smoked paprika
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 clove garlic, minced
- ½ cup breadcrumbs
- ½ cup grated tasty cheese
- 2 eggs
- 1 tablespoon lime juice
- 1 cup purple cabbage, shredded
- 1 cup green cabbage, shredded
- 1 cup carrot, grated
- ¼ cup coriander, chopped
- ½ cup mayonnaise
- 6 burger buns

## Method

1. Pre heat oven to 180 degrees.
2. Cook quinoa as per package instructions using ½ cup uncooked quinoa and only ¾ cup of water, so it's not too heavy. This should make 1 cup of cooked quinoa. Allow to cool.
3. Cut cauliflower florets and place in a large bowl. Toss cauliflower florets with smoked paprika and olive oil. Place on a lined baking tray and roast in the oven for 20 minutes. Allow to cool and pulse through food processor to small pieces, NOT puree.
4. Combine pulsed cauliflower, cooked and cooled quinoa, ground cumin, garlic, breadcrumbs, cheese and eggs in a large bowl. Form 6 patties.
5. Cook burger patties in a large frying pan over a medium heat in a bit of olive oil, until golden brown on each side.
6. Combine the lime juice, purple cabbage, green cabbage, carrot, coriander and mayonnaise in a large bowl.
7. Assemble burgers using burger buns, cooked burger patties and prepared coleslaw. Enjoy!

**Dietitian's Tip:** Cauliflower is a great source of vitamin C, fibre and folate and is deliciously sweet when roasted. Quinoa is a grain that is a great source of protein and fibre, with a nutty and crunchy texture.