



Exclusive recipe



Beetroot & feta burgers

SERVES 6 PREP 20 mins plus chilling
COOK 12 mins MORE EFFORT V

'These delicious burgers are a vibrant addition to an al fresco dinner. Make sure you wear an apron when grating the beetroot to protect your clothes from staining.' **Samuel Goldsmith**

300g raw beetroot, peeled and coarsely grated
2 shallots, finely diced
200g feta
2 garlic cloves, crushed
1 tsp cumin
1 tsp paprika
large handful basil, roughly chopped

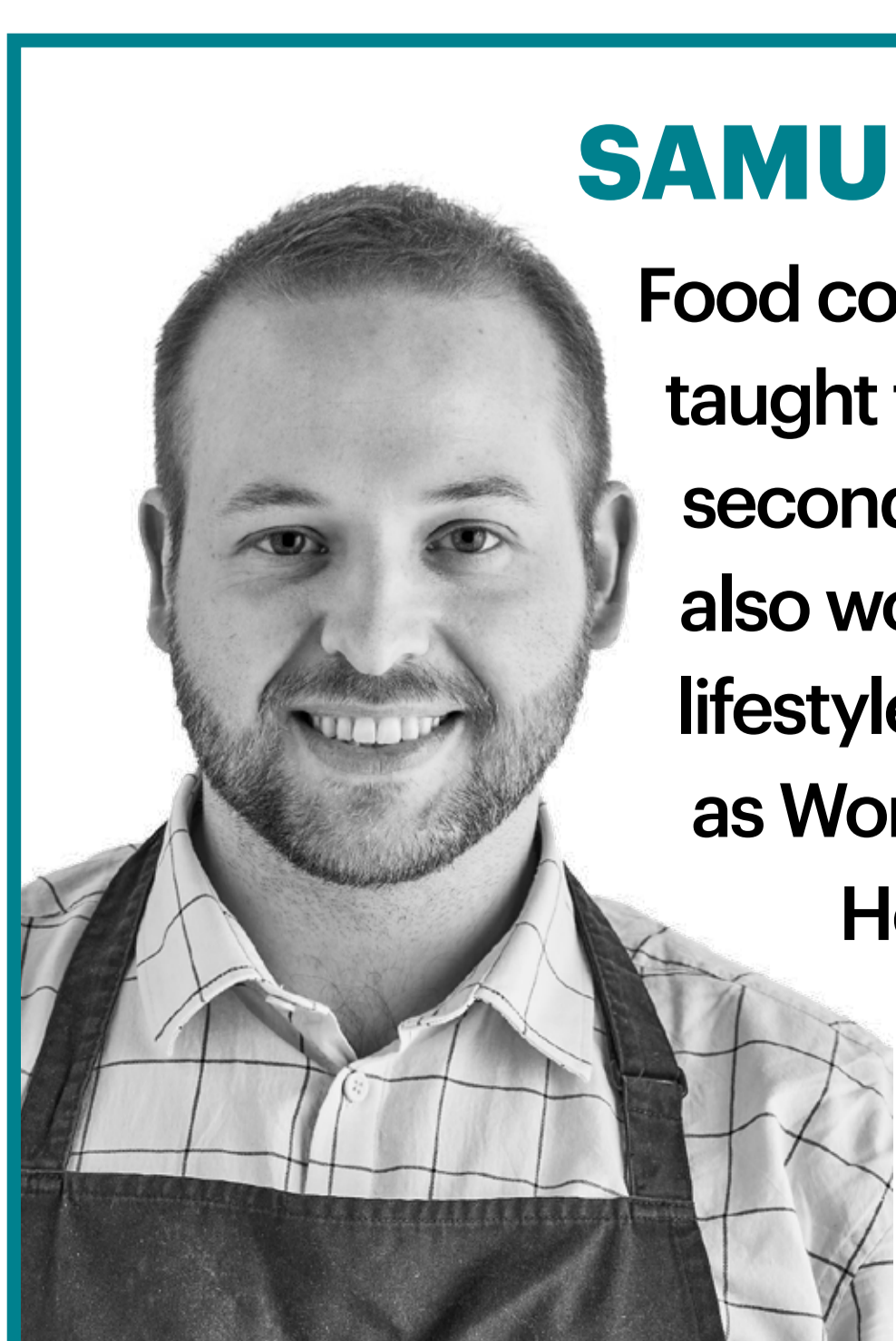
1 Put the beetroot into a clean tea towel and squeeze all the water out. Tip into a bowl. Add the shallots and crumble in the feta. Mix in the garlic, cumin, paprika, basil leaves, flour, 1 tsp salt and 1 tsp ground black pepper and combine well. Crack in the egg and mix with your hands to bring it all together, mashing slightly.

2 Form into six evenly sized patties, then arrange on a lined baking tray and chill in the fridge for 20 mins.

45g plain flour
1 egg
1 tbsp vegetable oil
burger buns and your favourite accompaniments, such as sliced red onion, tomato and cucumber, burger sauce, and salad

3 Heat the oil in a large frying pan over a medium heat and fry the burgers for 2-3 mins on each side, in batches if needed, until warm all the way through. Serve with the buns, salad and veg, if you like.

PER SERVING 168 kcals • fat 10g • saturates 5g • carbs 11g • sugars 4g • fibre 2g • protein 8g • salt 1.8g



SAMUEL GOLDSMITH

Food copy editor Samuel has taught food and nutrition in secondary schools, and has also worked as a food editor for lifestyle magazines such as Woman & Home.

He's an advocate for using local and seasonal produce.

@samuelwgoldsmith

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