



Leftover Veggie Burgers

Recycle your leftover bread and vegetables to make this delicious dinner!

Ingredients

- 3 slices of stale bread
- 1 onion
- 1 garlic clove
- Herbs (to taste)
- Salt and pepper
- 1 cup of leftover vegetables, such as peas, carrots, sweetcorn etc.
- 1 egg
- 2 tbsp flour
- 1 tbsp oil (if frying)

Equipment

- Mixing bowl
- Plate
- Baking tray or frying pan
- Knife for chopping
- Tablespoon

Makes approx. 6 burgers

Method

1. Take your stale bread and crumble it into breadcrumbs.
2. Chop the onion into small pieces.
3. Crush the clove of garlic.
4. Mix the breadcrumbs, chopped onion, crushed garlic, herbs, leftover vegetables and egg together in a bowl.
5. Mould the mixture into egg-sized balls with your hands.
6. Place the flour onto a plate.
7. Roll the egg-sized balls into the flour until they are coated with a thin layer of flour all over.
8. Gently flatten the balls into a burger shape.
9. You can choose to fry or bake your burgers.
10. If frying, place a tablespoon of oil into a frying pan. Fry the burgers over a medium heat for roughly 5 minutes on each side.
11. If baking, preheat your oven to 200°C (gas mark 6). Place your burgers onto a baking tray and drizzle a little oil over the top of them. Bake for around 15-20 minutes.
12. Enjoy eating your Leftover Veggie Burgers with a yummy salad!