



Plant Power Patties

My lovely Mum sent me this recipe that she found in her local paper. It was too good not to share. There is a lot of ingredients but I promise they are worth it! Makes up to 12 patties.

Serves: 6, Prep time: 00:30, Cook time: 00:15

Instructions

The body of the patties is from the Tofu to the mushroom. The Binder ingredients start from the Ground cumin onwards.

1) Combine all the Body ingredients in a large bowl and mix up well.

2) Place the Binder ingredients EXCEPT the rolled oats and chia seeds in a food processor and mix up until it forms a sticky paste.

3) Add the paste to the bowl and mix up well - then add the rolled oats and chia seeds and mix again.

4) Form into 12 even balls, then form into the plant powered patties with slapping form hand to hand.

5) Cook - Shallow fry the patties in vegetable oil in a large fry pan on a medium heat each side until browned

Ingredients

- 1 cups Tofu, soy bean curd, One block firm chopped finely
- 2 teaspoon Ground paprika, Smoked
- 2 tablespoon Yeast, baker's, dried, Savoury
- 4 teaspoon Soy sauce
- 2 teaspoon Vinegar, cider
- 1 teaspoon Black pepper
- 1 cups Walnuts (finely chopped)
- 1 cups Mushroom, Finely chopped
- 1 teaspoon Cumin seeds (roasted), Ground
- 0.5 teaspoon Fresh chilli (deseeded and minced), Powder
- 1.5 cups Rice, brown, Cooked first
- 4 tablespoon Beetroot, Grated
- 2 tablespoon Garlic (chopped)
- 2 tablespoon Tomato, puree, Paste
- 0.5 teaspoon Ground paprika, Smoked

(OPTION - top with VEGAN cheese and place under grill until melted)

6) Serve on toasted buns, and heaps of smashed avo, lettuce, cucumber, tomato, and your choice of sauces. ENJOY.

- 1 teaspoon Vegetable Stock
- 6 tablespoon Oats, toasted, Rolled Oats, Ground
- 3 tablespoon Chia seeds, Ground