

# VEGAN EARTH BURGER



This weeks recipe of the week is from Laura Saunders of Nourished – N.F.W (Nutrition. Fitness. Wellness). Laura is a Nutrition & Dietetics student at Endeavour College of Natural Health with a keen interest in fitness training as well. Today she shares with us one of her favourite recipes for spring, her infamous Earth Burger that is a combination of tempeh, tofu, spring vegetables, seeds and spices. Enjoy!

**“I love the versatility of these burgers, but most of all, wrapping them up in collard greens jam packed full of homemade hummus and seasonal vegetables” - Laura**

**Preparation time:** 25 minutes

**Serving Size:** Makes 12-15 burgers

## **Ingredients:**

1 packet organic tempeh (300g)

1 packet of organic firm tofu (500g)

1 medium zucchini grated

2 carrots grated

1 red capsicum diced

1/2 red onion diced

2 cloves of garlic crushed

1 red chilli diced thinly

2 tablespoons psyllium husks

1 tablespoon ground cumin

2 tablespoons ground turmeric

1 tablespoon ground coriander

1 tablespoon ground cinnamon

1/4 cup pepitas

1/4 cup sunflower seeds

1/2 cup sesame seeds

Pinch of sea salt and black cracked pepper

#### **Method:**

Preheat your oven to 180°C (fanforced).

Blend the tempeh and tofu together until combined.

Transfer the mixture into a large mixing bowl along with the remaining ingredients excluding the sesame seeds.

Measure out 1/3 cup of mixture and roll into a ball (repeat for entire mixture).

Pour sesame seeds onto a plate and roll each pattie in the sesame seeds then place on a baking tray lined with baking paper.

Bake the patties for 20 minutes, flip and then cook for another 10 minutes.

Place the patties on a cooling rack until cool and store in the fridge or freezer until ready to eat.

**Gluten Free | Dairy Free | Vegan | Vegetarian | Refined Sugar Free**