

DELICIOUSLY DIFFERENT RAINBOW BURGER



This Deliciously Different Burger is a meat-free flavour sensation! Eating less meat and more plant-based meals is one way we can all reduce our impact on the planet, so dare your children to be different and give this burger a try.

Serve with our Simple Slaw recipe and reach two portions of your 5-a-day in one meal! Great for your health and the health of the planet too.



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use weighing scales; cut using the bridge/claw technique safely; snip herbs with scissors; use a box grater safely; use a citrus squeezer/zester; shape e.g. burgers; use the oven (with adult supervision).

Equipment: Colander, Food Processor, Mixing Bowl, Measuring Spoons, Grater/Zester, Small Bowl, Scissors, Sharp Knife, Chopping Board, Mixing/Wooden Spoon, Baking Tray, Pastry Brush, Table Knife.

Allergens*: Wheat | Gluten | Celery

May contain: Milk | Sesame | Soya

Ingredients (makes 6 burgers):

- 1 x 400g tin of chickpeas, drained
- 1 small carrot, grated
- 20g kale, finely chopped (optional)
- 3 tbsp sweetcorn, drained
- 1/4 red pepper, finely diced
- 15g (½ a bunch) coriander, finely chopped
- ½ teaspoon smoked paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- Zest of 1 lemon
- 1 heaped tablespoon plain flour, plus extra for dusting
- 1 tablespoon vegetable oil

Ingredients to build the burgers

- 1 baby gem lettuce, washed
- 3 large ripe tomatoes, sliced – (2 slices per burger)
- 1 tablespoon reduced sugar tomato ketchup (optional)
- 6 wholemeal burger buns, sliced in half

Method

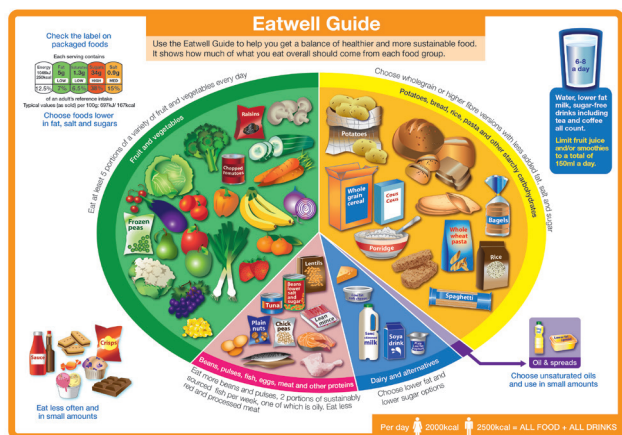
1. **To make the burgers:** drain the chickpeas, tip into a food processor, and then pulse until combined, but not smooth (you want to retain a bit of texture). Add the mixture into a mixing bowl.
2. Add the spices (smoked paprika, coriander and cumin), the flour and the grated lemon zest to the chickpeas and mix thoroughly.
3. Put the fresh coriander and kale (if using) into a small pot and finely chop with scissors and set aside.
4. Prepare the carrot and pepper by grating and chopping, adding each to the bowl, along with the coriander, kale (if using) and sweetcorn, and mix well.
5. On a flour-dusted surface, divide and shape the mixture into 6 equal-sized patties, roughly 2cm thick.
6. **To cook the burgers:** Lightly oil a baking tray with vegetable oil, place the burger on the tray and then lightly oil the top of the burger. Cook the burgers in a pre-heated oven gas mark 5-190°C-170°C Fan for 8 to 10 minutes, or until cooked through.
7. **To build the burgers:** spread the ketchup onto the base of each bun (toast them if you like beforehand). On the burger base (tomato sauce side), layer over a lettuce leaf, top with the vegetable burger, two slices of tomatoes, and finally top the burger with the top of the roll/bun.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Deliciously Different Burgers...

Bread is a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. Wholemeal and wholegrain flours/bread tend to be more nutritious than white, and they also contain more fibre.

Chickpeas are legumes and like other legumes (beans, peas and lentils) they are packed with protein and fibre. They are also low in calories and fat and contain a number of phytochemicals which are thought to be hugely beneficial for our health.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 152g serving

ENERGY
988kJ / 234kcal **12%**

LOW **FAT**
4.2g **6%**

LOW **SATURATES**
0.7g **4%**

LOW **SUGARS**
4.9g **5%**

MED **SALT**
0.64g **11%**

% of an adult's reference intake
Typical values per 100g : Energy 678kJ / 161kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.