



Beetroot and Feta Patties

These moist and delicious patties can be served in a burger bun or with a fresh salad. This recipe does contain feta and eggs. Thanks mum for finding this gem of a recipe in a NZ house and garden magazine.

Serves: 4, Prep time: 00:30, Cook time: 00:15

Instructions

- 1) Coarsely grate the beetroot, roughly chop the basil, and finely chop the onion and garlic. Place in a large mixing bowl with the oats and oil
- 2) Crack in the eggs, crumble in the feta (for a dairy free version you can use tofu and lemon instead). Season to taste and mix to combine.
- 3) Cover and put in the fridge for at least half an hour or until the oats have absorbed the liquid.
- 4) Using your hands shape the mixture into 8 patties.
- 5) Heat 1 tablespoon of oil in a large non-stick fry pan on a medium to high heat. Fry the patties until the base is golden (few minutes each side)
- 6) Alternatively bake the patties at 200 degrees for 20min, flip and bake for a

Ingredients

- 350 grams Beetroot (12.5 oz)
- 10 grams Basil leaves (0.5 oz)
- 1 Onion
- 2 Garlic, cloves
- 1.5 cups Oats, toasted, Rolled Oats
- 2 tablespoon Extra virgin olive oil
- 2 Eggs
- 200 grams Feta (cubed), can be replaced with nut feta (7 oz)
- 1 teaspoon Sea salt (flaky)
- 0.5 teaspoon Black pepper

further 5-10min or until golden.

Serve with salad (check out the lentil and date salad pictured!) or in a bun. ENJOY!

