

# Leftover Roast Veggie Burgers

*A great recipe to use leftover-roast veggies!*

Makes 6 burgers

## **Ingredients**

- 200gms (or 2 small tubs) of Chris' Traditional Hommus Dip
- 1 medium sized sweet potato, roasted and mashed (about 1 cup)
- 2 medium sized white potatoes, roasted, skins removed, and mashed (about 1.5 cups)
- 1 cup of peas, cooked and cooled
- 2 free range eggs
- 4 tbsp of coconut flour
- 1 1/2 cups of bread crumbs (use gluten free bread crumbs to keep the patties gluten free)
- Freshly cracked black pepper
- 1/4 of a cup of olive oil, for frying.
- Extra Chris' Traditional Hommus Dip, cucumber, lettuce, cheese, bread rolls and tortilla chips, to serve.

## **Method**

- Combine 200gms of Hummus Dip, both potatoes, 1 egg and coconut flour in a medium bowl and mix well. If the mixture isn't thick enough to pick up and form a patty, add a little more flour (this will depend on the size of your potatoes).
- Gently fold through the peas and black pepper to taste.
- In a soup bowl, lightly whisk the extra egg and in another, place the bread crumbs.
- Form the burger mix into patties about the size of the palm of your hand. Coat in the egg, and then in the

bread crumb mix.

- Repeat with remaining mixture.
- In a non-stick pan, heat the olive oil until hot.
- Fry in 2 batches, turning when golden.
- Serve hot in a bun with shredded lettuce, cucumber, cheese and extra Hummus (with a side of tortilla chips and extra Hommus for dipping!)



Recipe by Natalie Zee / [Healthy Natty](#) for Chris' Dips.