

LIVE FRUITFULLY RECIPES

FORBIDDEN BURGERS

Vegan, gluten free charcoal buns

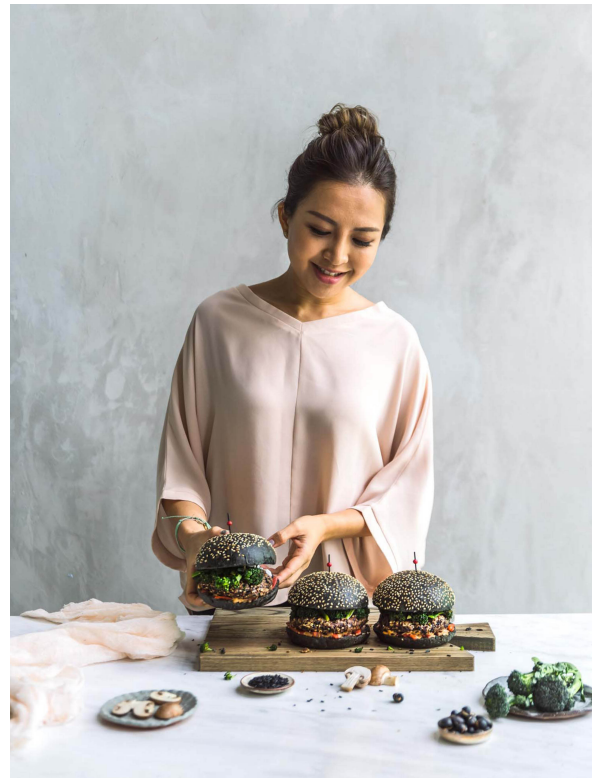
Makes 6 burgers

Spicy Broccoli/broccolini topping

- 120 grams Broccoli/Broccolini florets
- 6 tsp red pepper flakes
- 1 tsp lemon juice

For the Patties

- 200 grams brown/white mushrooms
- 200 g black forbidden rice, cooked
- 400 grams (2 cans) black beans, drained, rinsed, mashed
- 2 cloves garlic, crushed
- 40 grams scallions, thinly sliced
- ½ tsp sea salt
- ¼ tsp black pepper, ground
- 3 tbs tamari
- 2 tbs nutritional yeast
- 150 grams oats, ground
- 2 tbs olive oil



ASSEMBLY

To make spicy broccoli:

1. Heat up a pan to high heat and flash fry the broccoli/broccolini quickly in a dry pan. Sprinkle with red pepper flakes and lemon juice.

To make the patties:

1. Place a frying pan over medium high heat and add a drizzle of oil. Fry the mushrooms for 5-8 mins or until golden and fragrant. Season to taste with salt and pepper. Transfer to a large bowl.
2. Combine mashed black beans with black rice, mushrooms and rest of ingredients. Refrigerate for 30 mins or overnight.
3. Weigh 140 grams of mixture and shape each into a patty. Place a pan over medium high heat with olive oil. Fry the patties for 2-4 minutes per side till crispy.
4. Spread bun with vegan mayo, top with marinated peppers, patty and top with broccolini.



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