

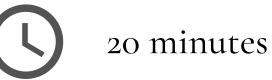
Bubble & Squeak Burgers

Somehow even the greenest greens taste great in bubble and squeak and these little veggie burgers are a brilliant way to use up some leftover veg. These teeny-weeny burgers are a delicious vegetarian alternative to a beef burger, and just right for little hands to hold. Veggie dense, these patties are served with a crusty whole meal bun and salad to assist in meeting grain and vegetable serves for the day.





Olive oil 36g (2 tablespoons) Onion, brown, raw, finely diced 45g (.5 medium large onion) Potato, peeled, cooked and mashed 450g (approx. 4 medium potatoes) Brussels sprouts, cooked, chopped 225g Herbs, dried or fresh 1 tsp Eggs, raw, beaten 2 large Pepper, black 1 pinch Bread roll, wholemeal, dinner size 10 rolls Carrot, peeled, grated 2 carrots Salad greens, mixed (or what is Serves 10 children



DIRECTIONS

1. Heat 1 tablespoon of the oil in a frying pan and fry the onion over a low heat for 3-4 minutes

available) 2.5 cups

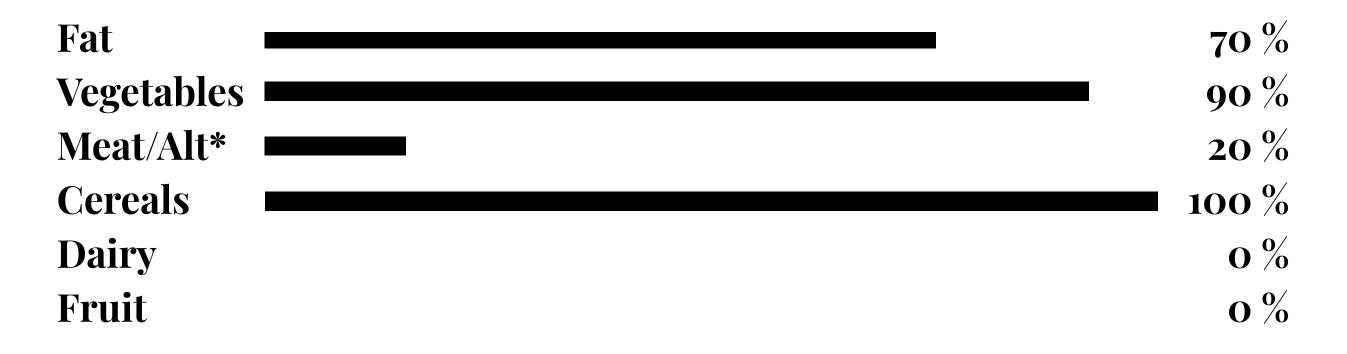
- until soft
- 2. Put the mashed potato and sprouts in a bowl and stir. Add the cooked onion, herbs and eggs, season with black pepper, and mix well.
- 3. Put the remaining oil in the frying pan and warm over a medium heat.
- 4. Fry spoonfuls of the mixture for about 6-8 minutes, turning once until lightly browned on both sides.
- 5. Serve immediately with a crusty wholemeal dinner roll (to create little baby burgers) and a salad of mixed greens and grated carrot.

Note: Bubble and squeak is an excellent recipe to use up green vegetables in the fridge – substitute the Brussels sprouts for broccoli, spinach or cabbage if you have them available.

Allergy Information

Contains Gluten, wheat and egg

Childcare RDI Calculator:



* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sources from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services

