

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.



Serves 10 children



20 minutes

INGREDIENTS

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
available) 2.5 cups

DIRECTIONS

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

Fat	<div></div>	70 %
Vegetables	<div></div>	90 %
Meat/Alt*	<div></div>	20 %
Cereals	<div></div>	100 %
Dairy		0 %
Fruit		0 %

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

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