

**?E? in our Vegetarian Alphabet experiment is covered by Edamame Beans.**

We had a tub of the Urad Dal stuffing from this recipe in the freezer, which made a great foundation for the Burger. - http://www.eatwellonuc.org.uk/index.php/recipes/308-aubergine-baked-boats

The recipe for the Gluten free bun is also here. - http://www.eatwellonuc.org.uk/index.php/recipes/51-monster-burger

What you put in your burger is entirely up to you, but our Bean based Burger went something like this:-

**Ingredients:-**

Urad Dal ? (Split Black Lentils)
½ tube of Tomato Puree
3 Onions, sliced
2 cloves of Garlic, minced
Mixed Herbs
Salt & Pepper
Chilli Flakes

**These were the base ingredients in the stuffing from the previous recipe**

250g Edamame Beans
50g Gluten free Bread crumbs

Grated Cheese

**Method:-**

(1) We thawed the stuffing and the Edamame Beans
(2) In a large bowl we mixed the Bean, Stuffing and Bread crumbs.
(3) Oil a square oven tray.
(4) Blend the Burger ingredients in a food processor.
(5) Press the Burger mix into the tray and flatten.
(6) Place in a pre-heated oven at 180c and cook for 20 minutes.
(7) Flip with a Fish slice and cook for a further 20 minutes.
(8) Place under the grill to brown slightly.
(9) Sprinkle with the grated Cheese and pop back under the grill until the Cheese has melted and slightly browned.
(10) Assemble your Burger.

**We made crispy battered Chips and Onion rings as a side / garnish. This was actually two days worth of food for us and we had the remainder yesterday!**