

CHICKPEA AND BEETROOT BURGERS

Chef Gary Parsons, *Group Development Chef*

HARVEY & BROCKLESS

the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

CHICKPEA AND BEETROOT BURGERS

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Ingredients

SERVES 8 PORTIONS

Beetroot & Chickpea Burgers

Chickpeas, drained	250g
Beetroots, cooked	115g
Porridge Oats	90g
Garlic cloves, chopped	10g
Dried Oregano	1 tsp
Dried Basil	1 tsp
Dried Mint	1 tsp

Pickled Red Onions

IN165 Cornish Sea Salt	1.5 tsp
Red Onion, thinly sliced	1 each
Apple Cider Vinegar	75ml
Caster Sugar	1 tbsp
Warm Water	10ml

Courgetti

Tempura Batter	250g
Sparkling Water	150ml
Green Courgette, spiralised	500g

HS626 Plant Based Burger Sauce

80g	
Vegan Mini Sliders, sliced in half	8 each

Beetroot & Chickpea Burgers

1. In a food processor add all the ingredients and process until everything comes together. Form 8 patties and place in the fridge to chill for 30 minutes.
2. Heat the oil in a frying pan and fry over a medium heat for 5 minutes on each side, or until firm and golden.

Pickled Red Onions

1. Slice the red onions as thinly as possible and place them in a jar or bowl.
2. In a measuring cup, combine the apple cider vinegar, salt, sugar, and warm water. Stir to dissolve the sugar and salt.
3. Pour the mixture over the sliced onions, making sure they are immersed in the liquid. Let them set for an hour, then cover and store in the fridge.

Courgette Fries

1. Spiralise the courgette, then make the tempura batter by mixing the chilled sparkling water into the flour and whisk until it is the same consistency as double cream.
2. Coat the courgette with the batter and fry until crispy. Dry on kitchen paper and season with salt.

To Arrange

Spoon the Plant Based Burger Sauce on the bottom of the mini slider placing one of the beetroot and chickpea patties on top of it. Add some of the pickled red onions and finish with the top of the slider.



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with Plant Based Burger Sauce

Plant Based Burger Sauce

The plant based version of our Harvey & Brockless Kitchen Flipping Amazing Burger Sauce. Created by mixing a reduction of red onions, a little chilli, red wine and balsamic vinegar to our plant based mayo to make a hot, piquant, creamy dollop of loveliness.

Cornish Sea Salt

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs.