

Tiffany Hall's healthy beetroot burger

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A delicious lunch packed with nutritious goodness.

Ingredients (Serves 2)

- 1 baby beetroot, grated
- ½ red onion, finely diced
- 100 g firm tofu, grated
- 20 g feta, grated
- ¼ cup quinoa flour
- 2 large eggs, roughly beaten
- ¼ cup chopped parsley
- 2 small wholegrain (or gluten free) rolls
- 4 iceberg lettuce leaves
- 1 medium tomato, cut in 4 slices
- 2 tbsp tzatziki
- ¼ cup alfalfa sprouts

Method

Combine beetroot, onion, tofu, feta, flour, eggs and parsley. If mixture is too wet add a little more

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flour. Divide mixture in half and form 2 patties.

Heat a non-stick frypan over medium heat and cook burgers for a few minutes each side until golden and cooked.

To assemble, top bun with lettuce, burger, tomato, tzatziki and alfalfa.

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