

Recipe

Cannellini, zucchini, hemp and thyme patties

Serves: 8

Prep and cooking time:
30-35 minutes (longer if you prefer the mixture to chill before making patties)

Gluten free, dairy free, vegan



Ingredients

2 x 400g tins cannellini beans, rinsed and drained

2-3 tbsp extra virgin olive oil

1 red onion, finely diced

1 clove garlic, crushed

1 zucchini, grated

Large handful fresh flat-leaf parsley, chopped

Large handful fresh thyme leaves (no stems)

1 cup hemp seeds for coating (for a firmer patty, add extra ½ cup seeds to patty mix)

2 tbsp freshly ground linseed

6 tbsp boiled water

2 tbsp tomato paste

Salt and pepper, to taste

Method

In a large bowl, mash cannellini beans with a fork. Heat 2 tsp of oil in a frypan, add onion, sauté on low heat.

After 1 minute, add garlic and cook for another 1-2 minutes, or until onion is cooked. Add to bowl with cannellini beans, then add zucchini, parsley and thyme. If using extra hemp seeds, add now, mix through.

Mix linseeds with boiling water to form a paste. Add to

mix. Add tomato paste, mix well to combine. Season with salt and freshly ground pepper. Chill mixture in fridge for 30 minutes before making patties.

Place hemp seeds in a shallow bowl or on a plate. Use your hands to form round patties and flatten slightly. These will feel soft, but with careful handling the patties will stay together. Coat them completely in the seeds, re-forming their shape as you coat.

Heat remaining 1-2 tbsp of oil in frypan on medium heat. Add patties. Depending on pan size, you can cook 3-4 at once. Use two egg slides to move the patties and reshape if needed when flipping. Cook 2 minutes on each side, turning gently and not letting the hemp coating burn. Gently remove from pan. If preferred, they can be baked in oven for a further 10-15 minutes.

If barbequeing, BBQ on a grill oiled with EVOO for an authentic char-grilled finish.

Serve with chutney, tomato relish or Kasundi and a leafy

salad, or in a bun with your favourite burger toppings.

Nutritional information

Seeking a primarily plant-based diet? There are many faux meat burger alternatives, but many are highly processed. This burger, however, is a healthy wholefood option.

Like beef patties, these patties also meet your protein needs thanks to the cannellini beans, which are high in fibre and protein, but without the saturated fat. Hemp seeds provide all essential amino acids and are a complete protein. Linseed combined with boiling water is a vegan 'egg substitute' that helps bind the ingredients and also adds soluble fibre and omega-3 essential oils.

The parsley and thyme, combined with the tomato paste and cannellini beans, give these patties a characteristic Mediterranean flavour.

With the addition of red onion, garlic and zucchini, you have an easy plant-based patty – with **no** secret ingredients.



Download the recipe from the Jean Hailes Kitchen