

This recipe is versatile for different age groups. Try rolling into meatballs and serving with tomato sauce for Primary menus.

**EDUCATION SECTOR: SECONDARY**

**SERVINGS: 10\***

**ALLERGENS: GLUTEN AND MILK**



# Butterbean & Kale Burgers

## Ingredients

### FOR THE BURGERS

1.1kg Butterbeans, drained  
100g Kale  
220g Butternut squash  
220g Grated cheese  
185g Fresh breadcrumbs  
60g KNORR Professional Curry Sauce

### FOR THE TZATZIKI

100g Cucumber  
100g Natural yoghurt  
5g KNORR Professional Garlic Puree

### TO SERVE

20 Small burger buns  
100g Little gem lettuce  
250ml Water  
10g KNORR Professional Vegetable Powder Bouillon



## Method

### FOR THE BURGERS:

- Remove the stem from the kale and roughly chop.
- Place the drained beans and kale into a blender and blitz to roughly chop then pour into a mixing bowl.
- Grate the butternut squash, squeeze out a little of the liquid then add to the bowl along with the cheese, breadcrumbs, and KNORR Professional Curry Sauce.
- Mix well to combine all the flavours then shape in 120g patties.
- Place onto a lined oven tray and chill for 30 minutes.

### FOR THE TZATZIKI:

- Grate the cucumber into a bowl, squeeze out a little of the liquid then add the yoghurt and KNORR Professional Garlic Puree then mix well.
- Cover and chill until needed.

### TO SERVE:

- Pour the water into a saucepan, add the KNORR Professional Vegetable Powder Bouillon then bring to the boil and reduce by half to create a "glaze".
- Brush the burgers with the "glaze" then place into the oven and bake for 12-5 minutes at 180°C or until core temperature is reached.
- Toast the burger buns, then place a little gem leave on the bottom and top with the burger.
- Spoon the tzatziki onto the burger then top with the burger lid.
- Serve with baked potato wedges.