

Vegan burgers



How about trying a vegan low FODMAP burger during the summer?

This is a very tasty vegan burger that is not too hard on the digestive tract for people with IBS.



Ingredients

Serves 4

- 120g of cooked red and white Quinoa
- 1 chopped roasted red peppers
- 30g chopped peanuts
- 1 courgette
- 4-5 sprigs chopped fresh thyme
- 2 tsp of garlic infused oil
- salt + pepper to taste

Method

Grate the courgette finely and squeeze out the excess water from the vegetable

Mix all ingredients together

The burgers are delicate, so it is better to put them on a square of greased foil to cook them on the barbecue or under the grill.

Using a crumpet ring or metal cutter, place on the foil then fill to the rim with recipe mix and press mixture together, then remove the cutter to leave a circular burger.

Once cooked place them in a vegan gluten free, pitta or wrap.

Serve with skewered roasted green peppers.

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Enjoy!