



# Low FODMAP Veggie Burgers

Serves: 8

Prep: 30 minutes

Cook: 1 hour, 25 minutes



Ingredients	Metric	Imperial
Cooked potato mashed	500 g	17.6 oz
½ cup cooked rice	95 g	3.4 oz
Gluten-free bread crumbs	45 g	1.6 oz
1 medium carrot, grated	75 g	2.6 oz
½ small zucchini, grated	200 g	7 oz
2 tbsp shaved parmesan cheese (optional)	40 g	1.4 oz
2 tbsp fresh continental parsley	5 g	0.2 oz
1 tbsp fresh coriander	2 g	0.07 oz
Grated ginger	8 g	0.3 oz
1 egg	58 g	2 oz
1 tbsp soy sauce (gluten-free)	20 g	0.7 oz

## Method

1. Peel and steam potatoes until very soft. Mash potato and leave to the side or place in the fridge to cool down.
2. Boil/steam rice and allow to cool (cool in the fridge for faster results).
3. Wash and finely chop fresh coriander and parsley.
4. Grate carrot and zucchini and remove any excess liquid.
5. Once potato and rice has cooled down, place into a bowl with all ingredients.
6. Roll burgers into balls.
7. Spray or drizzle olive oil into a pan or on a BBQ plate. Heat oiled pan/BBQ plate first before placing burgers.
8. Once burgers are in the pan/on BBQ plate, allow them to cook for approximately 5 minutes before gently flattening burgers slightly.
9. Cook burgers on low-medium heat for approximately 15 minutes and only turn them once.

## Hints

- Allow burgers to brown thoroughly on one side before turning. Turning burgers often will cause them to fall apart.
- For a vegan option, replace egg with 2 tablespoons of olive oil and remove parmesan cheese.

Nutrition Information (per serve)	
Energy	596 Kj / 142 cal
Protein	5.60g
Carbohydrates	15.80g
Sugar	3.80g
Total Fat	5.80g
Saturated Fat	2.30g
Fibre	2.40g