

"Veganism is not about giving anything up or losing anything;

it is about gaining the peace within yourself that comes

from embracing non-violence and refusing to participate

in the exploitation of the vulnerable."

GARY L. FRANCIONE



Cannellini bean and courgette burgers with roasted cashew mayo, pickled beetroot and shaved carrot

Full of zesty flavours, these veggie-packed burgers will delight even the staunchest of carnivores. If you want to get ahead a little, make your pickled beetroot, burger patties and cashew mayo a day ahead, and simply store in the fridge until you're ready to serve your burgers. Make an extra batch of the cashew mayo to keep in your fridge (it'll last about a week) – you'll want to add it to everything you eat!

Makes 3 burgers **A LITTLE EFFORT**
1 hr 15 mins

THE FLAVOUR COMBINATIONS BURGER PATTIES

1 x 400g tin cannellini beans, drained and rinsed
15ml (1 tbsp) vegan green pesto (like Green Mamba Coriander & Jalapeno Pesto – available at faithful-to-nature.co.za)
1 garlic clove, peeled and crushed
50g panko breadcrumbs
500g courgettes, finely grated and squeezed to remove excess water
salt and freshly ground black pepper, to taste
olive oil, to fry
1 lemon, halved

PICKLED BEETROOT

3 beetroots
80ml (⅓ cup) white malt vinegar
50g sugar
1 cinnamon stick
1,25ml (¼ tsp) salt
2,5ml (½ tsp) cumin seeds
2,5ml (½ tsp) coriander seeds
2,5ml (½ tsp) fennel seeds

CASHEW MAYO

100g roasted and salted cashews, soaked for 10 minutes in boiling water and water discarded
90ml water
80ml (⅓ cup) olive oil
15ml (1 tbsp) Dijon mustard
juice of ½ lemon
1 garlic clove, peeled
10ml (2 tsp) white vinegar

TO SERVE

3 vegan burger buns, sliced in half and toasted
lettuce leaves
carrot ribbons, tossed in a little olive oil
micro basil leaves

HOW TO DO IT

- For the burger patties, add all of the ingredients, except the courgettes, seasoning, olive oil and lemon, to a blender. Blitz until smooth, then stir through the grated courgettes. Taste the mixture and season, if needed.
- Carefully shape the mixture into 3 large patties the size of your vegan burger buns, compacting the

mixture as you go. Place on a lined tray and refrigerate to firm up, at least 30 minutes.

3 While the burger patties chill, make the pickled beetroot by adding the beetroots to a pot of water. Bring to a boil, about 20 minutes, until the beetroots are tender. Remove from boiling water and rinse under cold water, before scraping off the skins. Slice the beetroots into thin discs.

4 Combine the remaining pickling ingredients in a small pot and bring the pickling mixture to a boil. Add the beetroot discs and simmer, 5 minutes, before removing from heat. Chill the beetroot discs in the pickling liquid until needed.

5 For the vegan cashew mayo, combine all of the ingredients in a blender and blitz until a mayonnaise consistency remains. Season to taste and set aside until needed.

6 Just before serving, heat a little olive oil in a frying pan over medium heat and fry the burger patties in batches (handle them gently as they are fairly fragile), 5 minutes per side. Add a squeeze of lemon juice to each vegan burger patty.

7 To assemble the burgers, spread a generous dollop of cashew mayo over the base of each burger bun. Top with lettuce, a burger patty, pickled beetroot discs, carrot ribbons and micro basil leaves before popping the "lid" on the burger and enjoying.



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