Plant-Based Chestnut Burgers

Prep time 25 mins - Cooking time 15 mins - Serves 6

Ingredients

- 500g chestnuts, *cooked and peeled**
- 250g brown mushrooms, chopped
- 2 tablespoon olive oil
- 1 small onion, chopped
- 1 teaspoon dried chives
- 2 cloves garlic, crushed
- 2 tablespoons soy sauce

- 6 brioche buns
- Beetroot / tomato relish
- Lettuce
- Red onion
- Sliced tomato
- Plant-based cheese
- Plant-based mayonnaise

> 800g of fresh chestnuts produces approx 500g once cooked and peeled

Method

1. Heat 1 tablespoon of olive oil in a frying pan on high.

2. Add the mushrooms and continue stirring regularly until browned.

3. Turn heat down to medium, add the onion and chives. Sauté for 5 minutes, stirring.

4. Add the garlic, soy sauce and chestnuts. Sauté for a further minute, stirring.

5. Turn off the heat and allow to cool slightly.

6. Place contents into a food processor. Season with salt and pepper, then process until mixture comes together but still has a slightly coarse texture.

7. Form the mixture into patties approximately 2cm thick. Refrigerate for 30 minutes or until firm.

8. Heat frying pan and add the remaining olive oil.

9. Cook patties for 5-7 minutes on one side then flip for a further 5-7 minutes on the other side, or until cooked through and browned on the outside.

10. Serve on a brioche bun with relish, lettuce, red onion and sliced tomato. Add plant-based cheese and mayonnaise if desired.

***For more information about chestnuts, including how to select, store at home, cooking tips and other recipes visit chestnutsaustralia.com.au**

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AUSTRALIAN CHESTNUTS