



Pumpkin Burgers

SERVES: 6

INGREDIENTS:

- 1 kg pumpkin, diced into 1-2cm cubes (to provide 750g chipped pumpkin)
- Olive oil
- 1 ½ cups instant polenta
- 2 x 400g tins lentils, drained and rinsed
- 2 onions, finely diced
- 1 cup pepitas and/or sunflower seeds, dry roasted
- 250g ricotta
- 2 cups bread crumbs
- 2 large handfuls of basil, chopped
- 4 garlic cloves
- Salt
- Pepper
- ½ cup parmesan, finely grated



METHOD:

1. Preheat oven to 180°C
2. Lightly toss pumpkin in olive oil and roast at 180°C for 20 minutes until tender
3. Heat the medium frying pan, add 1 tbsp olive oil and cook onions, then add garlic until soft
4. Once the pumpkin is cooked, mash it in a large bowl with a fork
5. Add lentils, onions, garlic, seeds, ricotta, breadcrumbs, basil, parmesan, salt and pepper to the mashed pumpkin
6. Mix to combine
7. Scatter polenta over a large plate
8. Using ¼ cup of combined mixture each, shape the patties
9. Roll the patties in polenta to coat them
10. Heat two large frying pans over a medium heat with 1 tbsp of olive oil in each
11. Shallow-fry the patties until golden, then drain on baking tray lined with kitchen paper