



# GLUTEN-FREE VEGGIE BURGERS



## INGREDIENTS

- 250g frozen edamame
- 150g coarsely chopped carrots
- 33g gluten-free bread crumbs
- 57g Hellmann's Vegan Mayonnaise
- 1 large clove garlic, chopped
- 1/4 tsp. salt
- 1/8 tsp. chilli powder
- 1 Tbsp. olive oil
- 4 gluten-free hamburger buns



## METHOD

- 1** Combine the edamame, carrots and 1 tablespoon water In medium microwave-safe bowl. Microwave covered at high until tender for about 5 minutes. Let it stand 3 minutes, drain and cool slightly.
- 2** Put the edamame, carrots, bread crumbs, Hellmann's Vegan Mayonnaise, garlic, salt and chilli powder in food processor and process until uniformly ground, scraping down sides of bowl, if needed. Shape into 4 patties.
- 3** Heat the oil in large nonstick skillet over medium heat and cook patties, turning once, until browned for about 8 minutes.
- 4** Layer the veggie burgers with your favorite burger toppings in buns.