

Vegan Burger made with sweet potato, sweetcorn and polenta

Serves: 4

Preparation time: 15 min

Cooking time: 10 min

Ingredients:

4 large sweet potatoes
2 tsp oil, plus extra for the trays
2 red onions, finely chopped,
2 red chillies, finely chopped
1 tbsp ground cumin
Knorr Vegetable Cube
150g sweetcorn canned, drained
Small bunch coriander, chopped
100g polenta
Bread buns
Planet-based yogurt
Rucola to serve

Method:

Mix the plant-based yogurt, some coriander, a pinch of chili to create your vegan dressing. Set in refrigerator to cool until required.

Preheat oven to 200°C/Gas Mark 6. Pierce the sweet potato skins and place on a baking tray. Bake in the oven for 45 minutes until the sweet potatoes are really soft. Remove from the oven and set aside to cool.

Meanwhile, heat the oil in a small pan, toss in the onions and chillies. Crumble the Knorr Vegetable Cube and mix with 200ml of water and carefully add to the pan. Bring the mix to a simmer for 8-10 minutes and reduce. Set aside to cool.

Peel the cooled down potatoes and combine in a bowl with the chili onions with spices until a smooth texture is formed. Mix in sweet corn, coriander, 50g polenta and season to taste. Shape the mixture into 6 burgers (160g per patties) and dip each burger into the remaining polenta. Dust off any excess.

Place the burgers on an oiled baking tray and let the patties chill for at least 30 minutes. (Chef Tip ? if you have made extra, wrap them up and freeze them for another time)

Preheat a non-stick frying pan on medium heat, add a dash of oil and cook the burgers in the pan until golden brown on each side.

Serve the burgers in buns with a dollop of yogurt dressing, freshly sliced tomato, onion and salad leaves.