

# Nut Burgers

## Ingredients

- 1 medium onion, finely chopped
- 2 slices Wholemeal bread
- 225g unsalted nuts
- ½ pint/275ml water
- 1 tsp yeast extract (e.g. Marmite)
- 1 tsp mixed herbs
- 1 tbsp oats
- 2 tbs vegetable oil

## Method

1. Heat 1 tbsp oil in a pan and add onions. Sauté for about 5 minutes or until translucent
2. Place bread and nuts in a blender and grind until quite fine
3. Boil the water and stir in the yeast extract in a jug
4. Put all ingredients in a bowl except the oats and mix well. Tip – add the water slowly so it doesn't get too wet
5. Shape the mixture into 6 round burgers and coat with oats
6. Using 1 tbsp of oil, gently fry the burgers for about 5 minute on each side, or until piping hot

## Serving Suggestion

Serve on a Wholemeal bun or with potatoes, rice and a side salad