

The Ultimate Spicy Veggie Burger Patty

With a base of mashed potatoes and carrots softened in aromatic ginger, garlic and spices, and added crunch of yellow sweet corn kernels, chickpea flour, fresh parsley and lemon juice, the spicy vegetable burger patty can be cooked outdoors or on an indoor grill pan.



Prep Time
20 mins

Cook Time
30 mins

Servings: 4

Ingredients

- ½ lb. or 1 cup diced potatoes
- 1 cup diced carrots
- 1 teaspoon ginger garlic paste or 2-3 cloves garlic and ½ inch ginger, both grated
- ½ teaspoon ground red chili or Cayenne pepper
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground nutmeg
- 1 teaspoon salt
- ½ teaspoon cracked black pepper
- ½ cup yellow sweet corn thawed if frozen
- 2 tablespoons chickpea flour/gram flour/Besan
- 1 tablespoon chopped parsley
- 2 tablespoons lemon juice
- ¼ cup shredded cheese of choice can be left out for a Vegan version of this burger
- ½ teaspoon ground dried mango - Amchur optional, if on hand
- Canola oil for cooking the burgers
- Burger buns regular or gluten-free or large lettuce leaves
- Burger fixings' and toppings as desired

Instructions

1. In a sauté pan, add the diced potatoes and carrots along with the ginger garlic paste, ground spices and seasonings. Add one cup of water and bring the vegetables to a boil. Cook covered on a low flame for 10-12 minutes.
2. The vegetables will have absorbed the water and softened completely. Let the mixture cool for 10 minutes so it is easier to handle.
3. To the warm vegetables, add yellow sweet corn, chickpea flour, chopped parsley, lemon juice, shredded cheese, ground dried mango- Amchur (if using.) Use your clean hands to mix well and divide the burger mixture into 4 equal portions.

For Outdoor Cooking

1. Heat an outdoor gas or charcoal grill to around 375F. Lay the burger patties directly on a well-oiled grill grate or use a vegetable grilling tray with holes.
2. Cook the burgers evenly for about 3-4 minutes on each side till they get a golden brown crust; keep an eye on them as they cook, since outdoor grill temperatures vary.

For Indoor Cooking

1. Heat canola oil in a grill pan and cook the burger patties for 4-6 minutes on each side till they have a golden brown crust.
2. Assemble the burgers on regular or gluten-free burger buns. Alternately, lay them on a large lettuce for a healthier version. Top with chutney , spicy tomato sauce and other burger fixings' as desired.