

Indian Samosa Burgers

Swick

Makes 4 to 6 burgers | Active Time: 1 hour | Total Time: 1 hour

Step 1: Preparing the Burger Mix

- 1/2 to 1 cup raw cashews, ground into course meal
- 1/2 cup fresh peas, shelled and blanched (optional frozen peas, thawed)
- 3/4 cup cauliflower, cut into small florets
- 1/4 cup green onion, finely diced
- 1 cup russet potato, cubed, cooked until tender and cooled
- 1 tbsp curry powder
- 1 tbsp onion powder
- 3 tbsp fresh cilantro, minced
- 1/4 tsp freshly ground black pepper
- 1/8 tsp cayenne, or taste (optional)
- 1/4 tsp sea salt, or to taste (optional)

First, gather and prepare your mise en place.

To prepare the burger mix, in a bowl, toss all ingredients together, pressing the potatoes into the mixture until it begins to bind. Depending on the moisture of potatoes, you may need to add more or less of the ground cashews.

Using a burger size ring mold, form into burger size patties.

Step 2: Baking the Burgers

To bake the burgers, preheat the oven to 400°F (200°C).

Lightly spray a baking sheet and place the burgers evenly on the sheet. Alternatively, you can use a non-stick baking sheet or one lined with a silpat.

Bake for 15 minutes and flip the burgers. Continue baking for another 6 to 8 minutes until both sides are golden.

Alternatively, you can simply cook the burgers on the first side for 20 to 25 minutes. Just note that the tops of the burgers will just be a bit drier, but not flipping them helps keep them together better — not to mention it's one less step.

Step 3: Serving the Burgers

- 4 to 6 whole grain burger buns
- Mango Chutney
- Wine Pickled Onions
- sliced jalapeños
- butter lettuce leaves

To serve the burgers, spread an even amount of Mango Chutney on both sides of each bun.

Top burgers with Wine Pickled Onions, jalapeños and lettuce.

Burgers can be kept frozen and reheated at a later date.

This recipe was inspired by super talented Chad Sarno from Wicked Healthy Food.

