

Tasty Tempeh Burgers

Serves 4 (3 burgers each)

1 cup almond meal
1 cup cooked brown rice
1 cup oats/quinoa flakes
1 small handful of coriander
4 spring onions, finely sliced
300g grated tempeh
1/4 cup mixed
sunflower/flaxseeds/sesame
2 tablespoons miso paste
1/2 cup boiling water



Combine the almond meal, brown rice, oats, coriander, spring onion, tempeh and seeds in a bowl. Stir miso paste into boiling water and then add to the dry mixture. Season with salt and pepper. Combine well with your hands for 2-3 minutes.

Form the mixture into small - medium size burgers. Keep in the fridge if you need to prep other things for the chosen meal. Heat a fry pan on medium heat and add a tablespoon of coconut oil. Fry each of the burgers for 3 minutes each side or until golden brown.