

Sula and Corran's Burger Recipes

The meat version

500g mince
spices



- Mix together in a bowl



The veggie version

1 x 400g tin of chickpeas, drained
1 x 340g tin of sweetcorn, drained
½ bunch of coriander (c. 15g)
3-4 tbsp of flour (to give a firm consistency)
spices



- Blend in a food processor



- Chill in the fridge for half an hour
- Divide into 4-6 burgers depending on greed
 - Flatten and shape
 - Chill in the fridge again
 - BBQ until cooked through (c. 2 mins each side for meat; longer for veggie)
 - Top with tasty toppings.



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