



RICEPLUS

Rice just got better...

VEGETARIAN RICE SLIDERS

INGREDIENTS

1 cup RICEPLUS Ancient Grains, cooked & drained
1 1/2 cups sweet potato, cooked and mashed
1/2 cup chick peas, mashed
1 carrot, peeled & grated
1 sml zucchini, grated
1/2 tsp cumin ground

1 egg
salt & pepper to taste
2 tblsp oil

TO SERVE:

Small burger rolls, toasted, tomato sliced, hummus, lettuce, spanish onion & chutney

METHOD (STOVE TOP - PAN FRY)

1. Combine the cooked RICEPLUS, sweet potato, chick peas, carrot, zucchini, cumin, egg, salt & pepper together in a large bowl and mix well.
2. Shape the mixture into small or large burgers.
3. Heat the oil in a large non-stick frying pan over a medium heat and cook burgers 2 - 3 minutes on each side. Remove from pan and keep warm.
4. To assemble: Spread the base & crown of the toasted burger rolls with hummus; place a slice of tomato on the base of the burger roll with lettuce.
5. Top with the cooked burger, sliced onion and chutney.
6. Replace the crown then secure with a long toothpick. Serve warm.

For more information visit: www.riceplus.com.au

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PREP TIME: 10 MINS
COOKING TIME: 25 MINS
SERVING SIZE: 4-6