

GREEN BURGERS By Adam

Ingredients

2 tbsp olive oil
2 onions, finely chopped
250g bag spinach
5 slices white bread, blitzed into breadcrumbs (or 150g dried breadcrumbs)
good grating of fresh nutmeg
100g mature cheddar, grated
40g parmesan, finely grated
1-2 large eggs, beaten
3 tbsp plain flour

To serve

6 crusty bread rolls
4 ripe, juicy tomatoes, thickly sliced
good-quality ketchup or other relish
sweet potato fries (optional)

Method

• STEP 1

Heat half the oil in a frying pan and gently fry the onions for about 10 mins until pale and soft, then leave to cool a little.

• STEP 2

Finely chop the spinach in a food processor and tip into a bowl. Add the cooled onion, breadcrumbs, nutmeg, cheddar and Parmesan, and mash together. Add the beaten egg, a little at a time (you may not need all of it), until the mixture holds together. Divide into six to eight portions and shape into fat burgers.

• STEP 3

Put the flour in a shallow bowl, season well and dip the burgers into the flour to coat. Store in a plastic container between layers of baking parchment. Either chill until ready to cook, or freeze.

• STEP 4

Heat the remaining oil in the frying pan and fry for about 5 mins each side until browned all over. Serve in the crusty rolls, with a couple of slices of tomato, ketchup and sweet potato fries on the side, if you like.