VEGETABLE BURGERS

Ingredients

3-4 potatoes, peeled, washed and diced into 8
2 carrots peeled and sliced
1 corn cob, kernals removed
1 clove garlic peeled and sliced
1 small piece ginger peeled and sliced
1 small chilli sliced thin
2-3 tsp spice seeds toasted
1 tin beans, drained (check with Kath for allergies)
½ cup frozen peas
Polenta for dusting

Steam potatoes, carrots and corn altogether till tender.

Using pestle and mortar make paste with garlic, ginger, chilli and spices... grind with a little salt.

Lay cooked veg on large platter and mash coarsely with a fork.

Add remaining and chill mix in fridge while cleaning down.

Roll into balls, toss in polenta and cook in greased pan till golden.