

Tiffiny Hall's healthy beetroot burger

Search:

- [Dinner](#)
- [Recipes](#)

Tiffiny Hall's healthy beetroot burger

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); })(document, 'script', 'facebook-jssdk');
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);} }(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Tiffiny Hall's healthy beetroot burger



Rate this recipe

0 people are cooking this [Count me in](#)

A delicious lunch packed with nutritious goodness.

Ingredients (Serves 2)

- 1 baby beetroot, grated
- ½ red onion, finely diced
- 100 g firm tofu, grated
- 20 g feta, grated
- ¼ cup quinoa flour
- 2 large eggs, roughly beaten
- ¼ cup chopped parsley
- 2 small wholegrain (or gluten free) rolls
- 4 iceberg lettuce leaves
- 1 medium tomato, cut in 4 slices
- 2 tbsp tzatziki
- ¼ cup alfalfa sprouts

Method

Combine beetroot, onion, tofu, feta, flour, eggs and parsley. If mixture is too wet add a little more

Tiffiny Hall's healthy beetroot burger

flour. Divide mixture in half and form 2 patties.

Heat a non-stick frypan over medium heat and cook burgers for a few minutes each side until golden and cooked.

To assemble, top bun with lettuce, burger, tomato, tzatziki and alfalfa.

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```