

Recipe: Pulled Cauliflower BBQ Burger (V)

Main dish

An interesting burger, with cauliflower as the star ingredient, topped with eggs, caramelized onions, and BBQ sauce that would make you want more.

Preparation time: 40 minutes

Cooking time: 20 minutes

Serves 12 children

Ingredients

- 5g olive oil*, for rubbing on parchment paper
- 500g cauliflower florets
- Ingredients A:
 - 3 eggs
 - 100g wholemeal flour*
 - 5g salt
- 5g olive oil* (for caramelizing onions)
- 4 large onions, thinly sliced
- 60 ml BBQ sauce
- 12 wholemeal mini burgers



* Choose products with the Healthier Choice Symbol



Methods

1. Preheat the oven to 230°C.
2. Prepare the baking sheet with parchment paper and lightly rub olive oil on parchment paper and set aside.
3. Pulse the cauliflower florets in a food processor until the cauliflower looks like small grains of rice. Do not over process!
4. In a large bowl, mix cauliflower grains with ingredients A well to combine.
5. Pour the mixture onto the prepared baking sheet and spread it out evenly over the surface.
6. Bake in the oven for 20 minutes until cooked through. Then remove from the oven and place aside to cool.
7. Heat olive oil in a frying pan over medium-low heat.
8. Slow fry the onions stirring regularly until onions are brown. Removed from pan.
9. Once the baked cauliflower is cooled, slice into strips and use a spatula to carefully lift from parchment paper. It will be fragile and that's ok. Don't worry if it breaks.
10. Heat BBQ sauce in a sauce pan till piping hot.
11. Toast the buns, cut into halves and pile with 80g cauliflower strips, ladle 5g piping hot BBQ sauce over the cauliflower strips, stack 10g caramelized onions on top. Serve hot.

Nutrition Information

(Per serving): 125g
Energy 209.7 kcal
Protein 9.3 g
Total fat 3.7 g
 Saturated fat 0.7 g
Carbohydrates 44.4 g
Dietary fibre 5.7 g
Sodium 352.4 mg

Cost per Serving: \$0.34

Assembly

12. To make a pretty flower, use a 1-sprout bottle to make the flower and place a cherry tomato half in the middle.
13. Draw two short line for the leaves. Use a teaspoon to flatten the lines to make the leaves.
14. Use a 3-sprout bottle to make the waves.
15. Arrange 3 cherry tomato halves around the burger.

Tips:

- *You can substitute the 3 eggs with flax egg, made from a mixture of 3 tablespoons of ground golden flax seeds with 135 ml water. You will need to soak the flax seeds in the water for 5 minutes before combining.*
- *Leftover cauliflower when kept chilled in the fridge can be kept for up to 2 days and are delicious when toasted and eaten with wholegrain rice.*