



Weed burger



Reconnecting People With Food From Nature



Weed Burger

An easy, delicious and adaptable burger packing plenty of healthy, wild greens.

INGREDIENTS

You will need:

- 3 good handfuls of mixed wild greens. Nettles, ground elder, dandelion, sorrel and wild garlic are all ideal. You can even add a little seaweed.
- An onion
- Breadcrumbs
- An egg
- Oil, to cook in
- Salt, pepper

METHOD

- Thinly slice the onion and slow cook it in a little oil, until golden brown.
- Blanch the greens quickly by dropping into boiling water and bringing back to the boil. Drain in a colander and lightly squeeze or dry on paper towel. You should end up with a fist sized lump of blanched, drained and lightly squeezed greens.
- Chop the greens up finely and add roughly the same amount of breadcrumbs, the cooked onions and seasoning.

- Use the egg to bind the mixture and add extra breadcrumbs until the consistency is such that you can shape into a burger patty.
- Fry in a pan at medium heat with a dessert spoon of oil until fully cooked and golden brown. Flip once and continue cooking. It should take about 10 minutes depending on the thickness of your burger.

Serve in a burger bun with a mixed salad, chutney and mayonnaise.

Connect with us to find further recipes, events and more:

www.scotlandsnaturallarder.org

f 'Scotland's Natural Larder'

🐦 @scotsnatlarder

