



## Pumpkin Burgers

### What to collect

Ingredients	Equipment
1 kg pumpkin, chopped into 1-2cm cubes	scales
olive oil	chopping board
1 ½ cups instant polenta	knife
2 x 400g tins lentils, drained & rinsed	large bowl
2 onions, finely diced	2 baking trays
1 cup pumpkin seeds or sunflower seeds toasted	frying pan
250g ricotta	metric measuring cups/spoons
2 cups bread crumbs	masher
2 large handfuls basil, chopped	egg flips x 2
4 garlic cloves, finely chopped	wooden spoon
salt/pepper	kitchen paper
½ cup parmesan, finely grated	

### What to do

1. Preheat oven to 180C.
2. Toss pumpkin in olive oil and roast at 180C for 20 minutes or until tender.
3. Heat frying pan, add 1 tablespoon oil and cook onions until soft, then add garlic for cook for a minute and set aside.
4. Once pumpkin is cooked, mash it in a large bowl.
5. Add lentils, onion mixture, seeds, ricotta, breadcrumbs, basil, parmesan, salt/pepper to mashed pumpkin.
6. Mix to combine.
7. Scatter polenta over a large plate.
8. Using a ¼ cup of mixture, shape into patties.
9. Roll the patties in polenta to coat them.

- 10. Heat a frying pan over medium heat with 1 tablespoon of olive oil and shallow fry the patties until golden, then drain kitchen paper.**