



Super Saver Patties

Makes: 25

Serve: 2 patties

Ingredients:

Dry

3 cups quick oats	(300g)
2 onions, <i>very</i> finely diced	(300g)
½ cup walnuts, chopped	(50g)
2 Tbsp Italian herbs	(8g)
1 tsp garlic powder	(3g)
1 ½ tsp salt	(1.5g)

Wet

2 x 400g tins legumes, drained and mashed, or 3 cups cooked legumes	(800g)
3 Tbsp tomato paste	(60g)
2 cups hot water	(500mL)

Method:

1. Prepare and combine dry ingredients.
2. Dissolve tomato paste into the hot water and stir through the mashed legumes.
3. Combine the wet and dry ingredients. Let it rest for 10 minutes to absorb moisture.
4. Form patties on a baking tray lined with baking paper. Bake for 20 minutes at 180°C. Flip patties and bake another 10-15 minutes on the other side.

Tip: Patties can be made from bite-sized to burger-sized. Freeze well – great to grab when needed. Also try varying the legumes and seasonings – there are endless options!