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Curried Potato & Yummy Burger

I really felt like a potato curry today, but alas, time was closing in. Problem is when I get a taste bud compulsion, then a satisfying result must be at hand – and fast. “OK”, I thought, “maybe not a curry- curry, but why not make potato curry burgers?”. These friendly lookers tasted so very delicious, and if you like potato curry, you are going to love these. But in a fraction of the time, you can get maximum satisfaction out of these wicked tasting burgers. Serve these with my heavenly vegan mayo (soon to be posted), and I promise you, you will be a happy bunny, oh and a very crunchy, simple salad tossed with cherry tomatoes. If you haven't had the time to make mayo, then slap on the ketchup, mmmmmm.

Makes around 8 small to medium sized burgers

INGREDIENTS

- Instant Mashed potatoes to serve 3-4 portions – make up according to label directions, and your own personal liking (I love the salt and marger, and a little vegan milk)
- 3 tbsps of petit pois (frozen peas)
- 2 tbsps of frozen sweetcorn (boil the peas and sweetcorn together for a couple of minutes, drain and set aside)
- ½ an onion
- 2 cloves garlic
- 1 medium-sized carrot, grated
- 4 mushrooms
- sprig of fresh mint

- sprig of fresh rosemary
- 1½ tsp curry powder
- salt to taste
- 2 tsp nutritional yeast
- 1½ tbsps unbleached flour

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METHOD

Easy, just blend the carrots, onion, garlic and mushrooms in a processor together with the herbs.

Add the curry and mix with the ready mashed potatoes, then add ingredients from the blender together with the remaining ingredients. Stir well with a fork, and taste for salt/seasoning.

Heat up some olive oil in a non-stick frying pan for a minute or so, and then with a large spoon, spoon in a dollop of the mixture, and repeat 4 times. Allow to cook for a few minutes on each side, and then gently turn them around. Allow to cook on both sides, and then carefully remove onto a glass or metal dish.

TIP :

If you are eating these later on in the day, then you can reheat them in a hot oven. Microwave may not work so well as they may become a little to mushy, and they have enough of that already !

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These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment !

**Warm Summer Paella****Healthy Pear & Cinnamon
Cake****40 COMMENTS****Andrea Pellegrini***October 13, 2010 at 7:09 pm*

Wow, for a "can't cook, won't cook" vegan this was a revelation.. I can't stop picking, it is SOOO morish!!

**mouthwat***October 13, 2010 at 7:29 pm*

Am so pleased you liked them – did I mention they are also quite delicious eaten cold from the fridge? (especially in summer). But as the weather is getting colder warm is nice, especially with some steamed greens. Keep well.

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**Soki***October 14, 2010 at 5:32 am*

OMG Miriam .. what an awesome recipe!! My room-mate did not believe what a great cook you were until she tried this simple yet delicious recipe. I think she will be using your recipes from now on. She cannot cook and you have made her into one. Thank you.

**Miriam***October 14, 2010 at 6:28 am*

Glad to hear that I have been of some inspiration to your room mate – perhaps you will also be enjoying some of the recipes through her cooking, and the sharing of it. Keep well and enjoy !

**LoveToCook***November 5, 2010 at 5:11 pm*

I know what I'm eating for dinner tonight. This is the ultimate fast food.

**mouthwat**



November 6, 2010 at 5:55 pm

It's fast, it's quick and both healthy and satisfying to the palette. Hope you enjoyed them !

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Anna

November 27, 2010 at 5:00 pm

Made something like this for breakfast today ... THANKS for the inspiration!! ;D



Admin

November 27, 2010 at 5:35 pm

You are welcome. Will be posting other breakfast ideas soon too. Have a great day !



Heidi

March 10, 2011 at 1:13 am

Hi, will try this for dinner tonight. I might use besan (chickpea) flour instead as I think it would give a lighter result? What do you think?



Miriam

March 10, 2011 at 12:40 pm

Heidi Hi there, I think try it out and see, since I have never tried them with this flour personally, I think it's worth a shot – no harm in trying. Let me know how it goes. Thanks and best, Miriam.

**Lisa***April 4, 2011 at 8:13 pm*

Made these the other day and wow they're so easy and absolutely delicious!! =)

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**Miriam***April 5, 2011 at 10:45 am*

Lisa Hi – you are absolutely right about these potato curried burgers – kids love them too and they are just so very easy to prepare !!! Hope you try out some more recipes soon. Cheers to you !!!

**Marquesa***April 5, 2011 at 6:00 pm*

This is like what we grew up calling potato cakes that I have always adored. Adding curry to them is a magnificent idea, since I also love curries. I think this is on the dinner menu for tonight. Thank you for the great idea.

**Miriam***April 13, 2011 at 1:24 pm*

Marquesa thanks for your comment, it sounds like a nostalgic dish for you, and since you love curries am glad you found this and hope that dinner will have been enjoyed (the peas help to give it a nice and appetizing feature) – let me know how it went when you get the chance. Thanks !





Rose Chilibeck

April 13, 2011 at 2:17 pm

"Yummy" this is! Made these last night and they were so good! So fast and easy and the taste was the perfect blend of spices etc! Will be making them again for sure and enjoying ALL your recipes 😊

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Miriam

April 13, 2011 at 3:59 pm

Thanks Rose for your positive comments, it sure is an easy recipe and as you said fast to make ! Cheers to you !



Jennifer

July 29, 2011 at 4:06 pm

We grew up with something similar. We called them potato pan cakes. I will definately be trying them with your recipe because they look delicious.



Miriam

July 31, 2011 at 3:53 pm

Thanks Jennifer, and I hope that you enjoy them ! Cheers to you !



Zee

July 31, 2011 at 5:16 pm

I can't wait to try all this good recipes.

Thanks,

Z

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Miriam

July 31, 2011 at 8:02 pm

Zee Hi there and welcome to my site – thanks for dropping by and look forward to your future comments ! Enjoy the categories. Best to you !



Veroni

August 1, 2011 at 11:05 pm

Delicious! This will be a perfect “rustle up” dish for my husband, who, being Indian, loves these flavors. So quick to prepare, yet still nutritious. Great for those days when one hasn’t got too much time to spend in the kitchen. Thanks for your wonderfully inventious recipes dear Miriam 😊



Miriam

August 2, 2011 at 11:15 am

Hi there Veroni, thanks for your wonderful comment and you are welcome – it sure is a fast one to prepare ! Cheers !



Lesley

May 2, 2012 at 2:22 pm

I love the idea but can I use ‘real’ potatoes as I loathe the Instant Mash?



Miriam

May 2, 2012 at 4:22 pm

Hi there Lesley and welcome here. Sure you can. The Instant Mash is only designed for extra speed. They can also be made with sweet potatoes too ! Enjoy and let me know how it goes. Cheers to you !



cathy

June 5, 2012 at 12:35 am

Where can I get things in my grocery list I want to be vegan?? I've tried some of their frozen dinners ,and they are awesome, where can I go, to like a grocery store, in or near memphis, or southaven, ms. horn lake, ms. or west memphis, ark. that has vegan things in their store, like all vegan things or more than what kroger has. thanks!



cathy

June 5, 2012 at 12:36 am

i love your site, very good, I would like to know where there is a grocery stoe that would have more vegan items to buy for recipes. I have tried the frozen dinners, and they are awesome.



Debbie Bourgault

June 5, 2012 at 12:41 am

Miriam, I made this today and the flavors of the ingredients are outstanding together. Had a

lot of trouble getting them to cook enough on one side to be able to turn them over to cook the other side without them falling apart :(Any suggestions?

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**Miriam***June 6, 2012 at 7:47 pm*

Debbie Hi there and thanks for dropping by here with your comment. My only suggestion is that you put less oil in your pan when frying and add a little less liquid to the mashed potatoes in order to have a denser mix. Hope this helps a little. Cheers !

**Miriam***June 6, 2012 at 7:52 pm*

Hi there Cathy and thanks for dropping by here with your comment – I am in Europe and don't honestly know what stores you have in your area that sell vegan food. I think a combination of googling and phoning up stores in your area, including health food stores might help to point you in the right direction. Good luck and hope you build your vegan pantry one step at a time in order that you find all the ingredients at hand. I order a few things from ebay in addition to what I already have, it all a process that takes a little time. But you should be able to find a few basics to start with fruits, vegetables, pasta, rice, grains nuts, dairy free milk etc, then you can build your list from there. Good luck and best to you !

**Debbie Bourgault***June 19, 2012 at 6:14 pm*

Hi Miriam, I made these again today and took your advice and they came out spectacular! The combination of the mint, rosemary, and curry makes my tastebuds dance. Another

great recipe!)

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Miriam

June 20, 2012 at 9:33 am

Hi there Debbie and thanks for dropping by here with your feedback. I agree with you about the herbs etc and glad that you have enjoyed this. I look forward to your future comments on my blog – meantime all the best to you !



Joe

June 23, 2012 at 1:09 pm

Hi Miriam I'm back looking for a nice burger rec but since I cannot buy nutritional yeast locally what can be subs? Tks. 😊



Miriam

June 23, 2012 at 1:26 pm

Joe Hi there again – I don't know where you are based, if you are in Malta you will find nutritional yeast for sure as it is sold in all the health food stores here (the brand they have imported here is Engevita. If not then you can buy it online from Amazon or ebay. It is a very useful ingredient to have in the vegan pantry, and I certainly wouldn't be without it. Here is another great vegan burger (again all the ingredients are sold in Malta)
<http://www.mouthwateringvegan.com/2012/05/19/mushroom-walnut-spicy-quinoa-burger-with-a-smoky-pineapple-salsa/>



**Joe***July 1, 2012 at 1:50 pm*

Howdy Miriam. Tried shopping around for nutritional yeast but still no success. Can Marmite be used instead? Its yeasty and vegan too. Oh yes I am based in Malta.

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Shares**Miriam***July 1, 2012 at 7:54 pm*

Joe Hi there, I don't know which part of Malta you are based in, but Casa Natura Sliema have it. Good Earth St Julians have it. Shanti in Mosta also stocks Nutritional Yeast – you need to visit the health shops. Marmite is different, whilst it is vegan it's different in taste and texture. Hope this helps.

**Joe***July 2, 2012 at 12:43 pm*

Tks I try the health shops ASAP.

**Joe***July 28, 2012 at 4:00 pm*

Hi

Today it was these burgers turn! I indulged in them with chips lettuce and cherry tomatoes. They were excellent. Ill make a new batch and freeze them for future reference ha ha!

**Miriam**



July 29, 2012 at 12:49 pm

Hi there Joe, thanks for your feedback on these burgers and am glad they turned out to your satisfaction !

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mel

January 3, 2013 at 8:39 pm

Hi can i substitute the flour with oat flour? Thanks x



Miriam

January 4, 2013 at 4:45 pm

Hi there Mel. I don't see why not dear. Let me know how they go ! Cheers.
