



CRUNCHYCRITTERS

Critter Burgers

Makes six to eight medium patties

Ingredients:

- Vegetables - one onion, one stick of celery, one medium carrot, one small courgette, two medium/large mushrooms, one clove of garlic
- One hundred grams breadcrumbs
- Fifty grams Crunchy Critters Mealworms (5 x 10g packets)
- Fifty grams Crunchy Critters Crickets (5 x 10g packets)
- One teaspoon sea salt
- One teaspoon ground black pepper
- One tablespoon Dijon mustard
- Two medium free range eggs, beaten
- One teaspoon fresh parsley, oregano and/or thyme

Preparation Method:

1. Place all the vegetables and garlic into a food processor and pulse for around ten seconds until the contents are finely chopped but not pureed.
2. Stir fry the veg mix in a little olive oil for five minutes in a heavy bottomed pan.
3. Scrape the par-cooked veg into a large mixing bowl and mix in the breadcrumbs, seasoning, eggs and mustard. Return the empty pan to a low heat.
4. Put the insects into the food processor and pulse for no more than five seconds (hold back five to ten percent of the insects if you like to see whole insects in the burger). Put the pulsed insects (and whole insects if using) into the vegetable mix and using your hands combine well.
5. Using your hands press the bug burger mix into even sized patties about three centimetres thick and place onto a tray with a little flour. Be sure to press the burger well, so there are no folds or cracks.
6. Splash a little more oil into the hot pan and fry the burgers for three minutes each side or until golden brown in colour, turn down the heat on the pan and cook for a further four minutes until hot in the middle (seventy five degrees celsius).
7. Enjoy your Critter Burgers in a bun with some fresh tzatziki or mayonnaise, lettuce and tomato and a bowl of chips or wedges.

Top Tip: For a spicy treat try adding a fresh chilli or two at stage one.