

Vegetable quinoa burgers



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Preparation 25 mins + chilling time | Cooking 25 mins | Makes 6

Burgers:

- ½ cup quinoa
- 1 tbs extra virgin olive oil,
plus extra oil for shallow frying
- 1 small red onion, finely diced
- 1 garlic clove, crushed
- 2 tbs tomato paste
- ½ cup coarsely grated carrot
(about 1 small carrot)
- ½ cup coarsely grated zucchini
(about 1 small zucchini)
- 1 cup fresh multigrain bread crumbs
- 50g feta cheese, finely crumbled
- 2 free-range eggs
- ½ cup coriander leaves, finely chopped
(+extra leaves to serve)

To serve:

- 4 brioche burger buns, toasted
- Butter lettuce leaves
- Sliced tomatoes
- Lebanese cucumber ribbons
- Mayonnaise mixed with
piri piri sauce

STEP 1 Cook quinoa following packet directions. Transfer to a large bowl and set aside for 30 minutes or until cooled to room temperature.

STEP 2 Meanwhile, heat 1 tbs oil in a large non-stick frying pan over medium-high heat. Add onion and cook, stirring often, for 4-5 minutes or until soft. Stir in garlic and tomato paste. Add carrot and zucchini and cook, stirring occasionally, for 3-4 minutes until vegetables slightly soften. Set aside to cool slightly.

STEP 3 Add vegetable mixture to the cooled quinoa. Add breadcrumbs, feta, eggs and coriander. Season with salt and pepper. Mix until combined. Divide mixture into 6 and form into 6 patties. Place on a tray lined with baking paper, cover and chill for 15 minutes.

STEP 4 Heat ½ cm oil in a large non-stick frying pan over medium heat. Add patties and cook for 6-8 minutes on each side or until golden brown. Drain on paper towel.

STEP 5 Toast brioche buns. Place bun bases on a board. Top each with lettuce, tomatoes, cucumber and a pattie. Drizzle with mayonnaise and piri piri sauce and sprinkle with extra coriander leaves. Cover with bun tops and serve.