



# Vegetarian orzo burgers

45'  
Hands on

4 hours'  
Hands off

10'  
Cook Time

6  
Portion(s)

2  
Difficulty



## Method

For the burger patties

- In a [pot](#) with boiling water add salt, the orzo, and boil according to the packet's instructions.
- Drain and set aside.
- Place a pot over medium heat and add the butter. As soon as it melts, add the flour and whisk until it is completely absorbed.
- Add the milk in batches, whisking constantly until it thickens and comes to a boil.
- Add the mustard powder, the cheddar, and whisk until the cheese melts.
- Remove from the heat and add the orzo, the thyme, salt, pepper, and stir with a serving spoon.
- Spread into a 25x32 cm [baking pan](#), cover with plastic wrap so that it touches the whole surface of the mixture, and refrigerate for 3-4 hours until firm.
- Cut the mixture into 6 discs with a 10 cm cookie cutter, so that you get 6 orzo burgers.
- Place a [frying pan](#) with the sunflower oil over medium heat, until it gets very hot.
- Dip each burger into the flour, the eggs, the panko, and add them to the hot oil. Fry in batches, for 2 minutes on both sides, until they are golden. Follow the same process for all of the burgers, then remove and place them on paper towels.

To assemble

- [Cut](#) the burger buns in half and share the ketchup, the mushrooms, the burgers, tomato slices, the mayonnaise, the lettuce leaves, and serve.

## Ingredients

For the burger patties

- 250 g orzo pasta, medium
- salt
- 50 g butter
- 50 g all-purpose flour
- 600 g milk
- 1 tablespoon(s) mustard, powder
- 350 g cheddar, grated
- 1 tablespoon(s) thyme
- pepper

For the breading

- 100 g all-purpose flour
- 2 eggs, medium
- 100 g panko breadcrumbs
- 200 ml sunflower oil, for the frying

To assemble

- 6 [burger buns](#)
- 60 g [homemade ketchup](#)
- 100 g champignon mushrooms, cooked
- 1 tomato
- 60 g [homemade mayonnaise](#)
- 6 lettuce leaves

## Διατροφικός πίνακας

Nutrition information per portion

945 Calories (kcal)	50.0 Total Fat (g)	22.0 Saturated Fat (g)	85.0 Total Carbs (g)
47%	71%	110%	33%
11.0 Sugars (g)	36.0 Protein (g)	5.2 Fibre (g)	2.9 Sodium (g)
12%	72%	21%	48%