



Vegetarian burger

15'

Hands on

30''

Hands off

30'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

For burger

- 1 onion
- 2 cloves of garlic
- 2 Portobello mushrooms
- 2 tablespoons olive oil
- 300 g potatoes, boiled
- 150 g quinoa, boiled
- 2 tablespoons fresh coriander, finely chopped
- grated zest of 2 limes
- 70 g all-purpose flour
- salt
- pepper

To serve

- 4 hamburger buns
- 30 g ketchup
- 1 tomato, cut into slices
- 1 onion, cut into rounds
- 4 lettuce leaves
- [pickled celery](#)

Method

For the burger

- Finely chop the onion, garlic and mushrooms.
- Heat the olive oil in a [pan](#) over medium heat. Add the chopped vegetables and sauté for 3-4 minutes, until they turn golden and soften.
- In a bowl, mash the boiled potatoes with a fork until almost pureed.
- Add the sautéed vegetables and mix.
- Add the quinoa, finely chopped coriander, lime zest, flour, salt and pepper.
- Mix and shape the mixture into 4 burger patties.
- Transfer to a [baking pan](#) and refrigerate for 30 minutes, until they become more firm.
- Preheat oven to 180* C (350* F) Fan.
- Bake for 25-30 minutes.

To serve

- Brush the bottom part of a hamburger bun with ketchup.
- Top with the vegetarian burger patty and add a slice of tomato, onion round, lettuce leaf and [pickled celery](#). Cover with top part of bun and serve.

Διατροφικός πίνακας

Nutrition information per portion

427 Calories (kcal)	9.8 Total Fat (g)	1.6 Saturated Fat (g)	67.0 Total Carbs (g)
21%	14%	8%	26%
17.0 Sugars (g)	12.0 Protein (g)	6.5 Fibre (g)	0.97 Sodium (g)
19%	24%	26%	16%