VEGAN BURGER

INGREDIENTS

400 g sweet potatoes
1 onion
Olive oil
250 g pre-cooked brown rice
20 g breadcrumbs
½ tsp salt
½ tsp black pepper
½ tsp ground cumin
½ tsp garlic powder
½ tsp smoked paprika powder
2 tablespoons of flour
400 g canned black beans
1 oxheart tomato
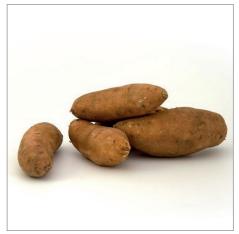Some lettuce leaves
1 large red onion
6 burger rolls
6 tsp tomato ketchup
6 tsp vegan mayonnaise
12 slices of sour cucumber
6 slices of vegan cheese

Vitamins B and C, beta-carotene, zinc

A recipe recommendation from
CHARMANT
for your eye health

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PREPARATION

- Preheat the oven to 200 ° C. Line a baking sheet with parchment paper.
- Peel the sweet potatoes and cut them into 2 cm cubes. Place the cubes on the baking sheet and bake for 30 minutes. Then put aside.
- In the meantime, peel and finely chop the onions. Heat a little olive oil in a pan. Fry the onions at medium heat until translucent for about 10 to 15 minutes. Place in a large bowl.
- Place the sweet potatoes, rice, breadcrumbs, salt, pepper, cumin, garlic powder and flour in a blender. Drain the beans well and add them. Puree everything to a thick mass. Add the paste to the onions and stir together.
- Heat a little oil in the pan, divide the mass into 6 parts and form into burger patties. Fry the patties on each side for about 3 minutes over medium heat until golden brown.
- In the meantime, cut the tomatoes into 6 thin slices, the lettuce, peel the red onion and cut it into fine rings.
- When the patties are ready, put them in the burger buns, top with ketchup, vegan mayonnaise, tomato slice, pickled cucumber, lettuce, red onions and vegan cheese.