

Veggie Burgers, 3 recipes

COOKING
LOVERS TESCO



Consejo del chef

Serve with your favourite ingredients: avocado, tomato, mayonnaise... and enjoy!

Raciones para 1

200 g
Baked chickpeas
1/4
Big courgette
2 tablespoons
Flax seeds powder
3 tablespoons
Chickpea flour
1 teaspoon
Curry and salt
1/4
Green pepper
1/4
Red pepper
1/4
Yellow pepper
1/4
Onion
40g
Dry, textured soy in flakes or crumbles
3 tablespoons
Whole wheat flour
1
Salt
1
Sweet paprika
400g
Baked red beans
150g
Onion
100g
Mushrooms
4 tablespoons
Spelt flour
1
Garlic powder
1
Olive oil
1
Salt

1 CHICKPEA BURGER: 200 g of baked chickpeas, 1/4 of a big courgette, 2 tablespoons of flax seeds powder, 3 tablespoons of chickpea flour, 1 teaspoon of curry and salt. Serving suggestion: whole wheat bun, kale sprouts, caramelized onions and mustard.

2 SOY BURGER: 1/4 green pepper, 1/4 red pepper, 1/4 yellow pepper, 1/4 onion 40 g of dry, textured soy in flakes or crumbles, 3 tablespoons of whole wheat flour, salt and sweet paprika. Serving suggestion: whole wheat bun, cheddar cheese, lettuce sprouts and ketchup.

3 RED BEAN BURGER: 400 g of baked red beans, 150 g of onion, 100 g of mushrooms, 4 tablespoons of spelt flour, garlic powder, olive oil and salt. Serving suggestion: avocado, tomato and mayonnaise.

4 To make the flesh of the 3 burgers, place all the ingredients of each one of them in a food processor and grind until they are well combined. Shape the burger with your hands and sear on a non-stick frying pan, around 2 minutes in each side.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/3-recetas-de-hamburguesas-vegas/>

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