Quinoa and textured soy mini burgers



Consejo del chef

Assemble the burgers with lettuce, tomato, etc. or with some grilled aubergine slices, goat cheese, and fresh sprouts.

Raciones para 4

- ❏ 100g
  Textured soy
- ❏ 75g
  Quinoa
- ❏ 1
  Egg
- ❏ 50g
  Breadcrumbs
- ❏ 1/2
  Onion
- ❏ 1
  Teaspoon of mustard
- ❏ 1
  Tablespoon of soy sauce
- ❏ 1
  Clove of garlic
- ❏ Parsley
- ❏ Salt and pepper

1. Wash quinoa in a strainer under cold, running water, rub it with your fingers until water runs clear without any foam.

2. Place a teaspoon of oil in a saucepan and, when hot, add quinoa and roast for one minute or two. This will give quinoa a light taste to nuts.

3. Add water, double than quinoa, and we cook over low heat for about 15 minutes.

4. Meanwhile, cut the onion into small dices (brunoise) and cook it in a pan with a dash of oil over low heat until tender. Then, set aside for later.

5. To hydrate soy: place it in a bowl and pour enough water to cover it. After 10 minutes, when we can see it is hydrated, drain the excess of water. Set aside.

6. When the quinoa is ready, mix it in a bowl with the soy and tender onion, add egg, breadcrumbs, mustard, the clove of garlic (mashed or finely chopped), soy sauce, parsley, pepper and salt if needed.

7. Combine all the ingredients to get a dense dough and form burgers.

8. Next, we can coat burgers with breadcrumbs or just grill them.

Chef's Notes

https://cookinglovers.teka.com/en/receta/mini-hamburguesas-de-quinoa-y-soja-texturizada/