

# Quinoa and textured soy mini burgers

COOKING  
LOVERS TESA



## 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

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

