



Quinoa burger



Chef Martiniano Molina (Argentina)

Serves: 4

Ingredients:

250 g quinoa seeds
2 onions
1 leek
400 ml hot vegetable stock
80 g pumpkin, grated
2 tbsp sesame seeds
2 tbsp sunflower seeds
2 tbsp flax seeds
Fresh parsley
2 tbsp olive oil
Salt
Ground black pepper

To accompany the burger

2 round tomatoes
150 g mozzarella cheese
Fresh basil
Olive oil
Salt
Ground black pepper

Preparation:

- Wash the quinoa.
- In a pot (preferably earthenware) gently heat the chopped onions and leek in 2 tablespoons of olive oil until lightly browned.
- Stir in the quinoa and hot vegetable stock. Cook uncovered at low boil for 10 minutes.
- Stir in the grated pumpkin, the seeds, and the salt and pepper. Mix and turn off the heat. Cover and let stand until completely cool.
- Add chopped parsley and leave in the refrigerator for 2 hours.
- Remove, mix well and shape the burger patties with the palms of your hands, which you have previously moistened with cold water.
- Brown the burgers on both sides in a frying pan with a few drops of olive oil.
- To serve, accompany with a salad of diced fresh tomato, pieces of mozzarella and fresh basil strips, seasoned with salt, olive oil and black pepper.