



BEETROOT BURGERS WITH VEGETABLES AND FETA CHEESE

• 10 min. • 1 h. 25 min. • easy • 6 servings

INGREDIENTS

160 g bread, white, stale, cut into quarters
 200 g feta cheese, cut into pieces
 200 g beetroot, cut into quarters
 100 g zucchini, cut into pieces
 65 g mushrooms, medium size, cut into halves
 65 g carrot, cut into pieces
 100 g red onion, cut into halves
 100 g quinoa, cooked
 1 egg
 20 g lemon juice, fresh
 6-8 basil, leaves only
 1 tbsp olive oil
 500 g water
 1 heaped tsp vegetable stock paste, homemade

USEFUL ITEMS

large bowl

PREPARATION

1. Place bread into mixing bowl and grind **10 sec./speed 6**. Transfer to a bowl and set aside.
2. Place feta cheese into mixing bowl and cut **5 sec./speed 3**. Transfer to a bowl and set aside.
3. Place beetroot, zucchini, mushrooms, carrot and onion into mixing bowl and chop **10 sec./speed 6**. Strain vegetables through simmering basket to discard excess liquids and place them back into mixing bowl.
4. Add ground bread, quinoa, egg, lemon juice, olive oil and basil and mix **20 sec./speed 4**.
5. Add ground feta cheese and mix **10 sec./speed 3**, with aid of spatula. Transfer mixture into large bowl, press with the back of a spoon, cover with cling film and refrigerate for 30 minutes.
6. Shape 6 burgers (approx. 100-120 g each) and distribute to both Varoma trays. Set aside. Place water and vegetable stock into mixing bowl, place Varoma into position and steam **25 min./Varoma/speed 1**. Set aside to cool for 15 minutes before serving.