



Black bean burger with vegetable chips

A plant-based burger that will delight: juicy, spicy and creatively topped with crunchy vegetables, sprouts, potato chips and our organic delicatessen sauces. Perfect for a barbecue with friends!

Zutaten

4 Portionen

Ingredients patties

- 2 EL crushed linseed
- 3 EL Water
- 1 Onion
- 100 g Mushrooms, brown
- 5 EL Byodo classic frying oil
- 1 EL Soy sauce
- 1 EL Byodo tomato and paprika pulp
- 1 TL smoked paprika powder
- Pepper
- Byodo organic sea salt
- 50 g Oat flakes
- 20 g Pumpkin seeds
- 20 g Sunflower seeds
- 1 Can black beans (drained weight 270 g)

Ingredients topping

- 1 red onion
- Sprouts
- 50 g Rocket
- 2 Tomatoes
- 1 Pck. Vegetable potato chips
- 4 Burger buns

Byodo sauces of your choice, e.g.
Grill & Burger Sauce
Dijon mustard
Steak & pepper sauce
Chili bell pepper sauce
Aioli

Zubereitung

Pour 3 tablespoons of hot water over the linseed and leave to infuse for 5 minutes. Roughly dice the onion and mushrooms. Heat 2 tablespoons of Byodo frying oil in a pan and fry the onions until translucent. Then add the mushrooms and fry for a few minutes. Season with soy sauce, tomato and paprika paste from Byodo and fry briefly. Season to taste with smoked paprika powder, salt and pepper.

Finely chop the rolled oats, pumpkin and sunflower seeds in a blender. Add the swollen linseed, vegetables and black beans and puree everything into a malleable mass. Season to taste with salt and pepper. Cut the mixture into quarters and shape into patties with wet hands. Fry the patties in the remaining Byodo frying oil in a pan or outside on a grill plate.

In the meantime, prepare the topping. Wash the lettuce and sprouts, peel the onions and cut into half moons. Wash and slice the tomatoes.

Finally, cut the burger buns in half and spread both sides of the buns with a Byodo sauce of your choice. Then place the black bean patty, onions, tomatoes, rocket, sprouts and vegetable chips on top. Finally, place the bun lid, which has been coated with sauce, on top.



The formed patties are particularly easy to fry if they are covered for 15-30 minutes after forming.