



Mini veggie burger

Crispy, juicy and full of vegetable power: these mini veggie burgers impress with golden-brown vegetable patties made from carrot, potato and zucchini, embedded in fluffy, home-baked sesame buns. Perfect finger food for sharing, stacking and snacking away. Also ideal for children!

Zutaten

12 Portionen

Burger buns

15 g Sugar

10 g Yeast, fresh

100 ml Milk, lukewarm

300 g Wheat flour, type 550

1 gestr. TL Byodo organic sea salt

75 g Butter, room temperature

1 Egg

1 Egg yolk

1 EL Milk

1 EL Sesame seed

Burger

200 g Carrots

150 g Potatoes

250 g Zucchini

1 Shallot, small

1 Garlic clove, small

6 EL Organic oat flakes, tender

6 EL Organic wholemeal breadcrumbs

2 Eggs

2 TL Vegetable stock, granulated

Rapeseed frying oil
Kids ketchup
4 Slices Cheddar cheese
2 Tomatoes
Burger cucumber slices
Salad
Additional topping as desired
12 Wooden skewers

Zubereitung

Buns

For the buns, dissolve the yeast and sugar in lukewarm milk. Place the flour, salt and chopped butter in a bowl. Mix with the yeast milk, add an egg and knead everything thoroughly. Cover the dough and leave to rise in a warm place for an hour. Divide the dough into 12 portions and shape into balls. To do this, fold the edges towards the center, then turn the piece of dough over so that the seam is at the bottom. Shape the rolls round on the surface and stretch the surface.

Place the dough pieces on a baking tray lined with baking paper. Cover with a kitchen towel and leave to rise for another 30 minutes. Preheat the oven to 160°C fan. Mix the egg yolk and milk and brush the buns with the mixture and sprinkle with sesame seeds before baking. Bake the buns for approx. 15 minutes, remove from the oven, cover with a tea towel and leave to cool.

Patties

For the patties, peel the carrots and potatoes, then finely grate them together with the zucchini. Squeeze the grated mixture thoroughly with a sieve or cotton cloth so that the patties do not fall apart when frying. Finely chop the shallot and garlic. Place everything in a bowl with the rolled oats, breadcrumbs, eggs and vegetable stock and mix with your hands. Form 12 equal-sized patties, heat the rapeseed oil in a pan and fry the vegetable patties over a medium heat until golden brown on both sides.

Cut the buns in half horizontally, top with the fresh ingredients and the burger patties. Top with the children's ketchup, fold closed and secure with a wooden skewer.