

EURASYP: Vegetarian Recipes with Yeast Extract

Quinoa Burger with Tomato Salsa on Avocado Mashed Potatoes

Ingredients for 4 portions

7 oz. quinoa, 3-4 tsp. granulated vegetable stock with yeast extract, 1 small red pepper, 2 eggs, approx. 3.5 oz. flour, freshly ground pepper and mild paprika, 1 small red chilli pod, 14 oz. ripe tomatoes, 1 small shallot and garlic clove, some sliced coriander leaves, 1-2 tsp. lime juice, sugar, 21 oz. mealy potatoes, 3 tbsp. olive oil, 1 ripe avocado, 100 ml hot milk

Directions

1. Rinse quinoa and cook with ½ ltr. water and 1 tsp. granulated stock for approx. 15 minutes. Halve, clean, wash and dice the pepper. Allow quinoa to cool off slightly and mingle with pepper, eggs and flour. Season with 1 tsp. of granulated vegetable stock with yeast extract, pepper and paprika and form 12 burgers.
2. For the salsa, halve, wash and remove pits from the chilli and finely cut into strips. Wash tomatoes, peel onion and garlic. Finely dice tomatoes and onion and crush the garlic. Mingle all with chilli, coriander, lime juice and sugar and season with some granulated stock with yeast extract. Because of its natural savoury taste of its own, yeast extract is well suited for seasoning vegetable dishes. Although the taste of yeast extract is very similar to that of a meat bouillon it does not contain any animal components.
3. Peel, wash and dice potatoes and cook for 15-20 minutes. Pan-fry burger in heated oil from both sides for 8-10 minutes. Halve the avocado, remove the pit and scoop out the flesh. Cut the flesh into pieces and immediately sprinkle with lime juice to keep it from turning brown. Drain the potatoes, roughly mash with avocado and milk and season to taste with lime juice, pepper and remaining granulated yeast extract stock. Dish burger, mash and salsa and serve.

Minutes to prepare: 45

Illustration



The quinoa burgers with vegetable stock with yeast extract are a savoury vegetarian alternative to burgers made from meat.

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