



Buckwheat Patties with Pea Puree

🕒 35–45 Min   

Preparation

- 1 First bring 250 ml of water to a boil in a saucepan with a pinch of sea salt and a Kotányi Bay Leaf. Thoroughly rinse the buckwheat in a sieve.
- 2 Then add the buckwheat and allow to simmer for 15–20 minutes. Then cover and allow to swell up.
- 3 Wash the leaf spinach, pat it dry and finely chop it. Delicately crumble the feta.
- 4 Now mix the buckwheat, curd cheese, feta, spinach and the chopped egg in a bowl. Mix well with salt, pepper, garlic powder and a raw egg.
- 5 Then use wet hands to form small patties and toss them in sesame seeds. Fry in a pan of hot oil and pat dry with a piece of paper towel.
- 6 Pea puree with a little chili is the perfect accompaniment for the patties. To make it, bring salted water to the boil and cook the peas until soft. Then strain the peas.
- 7 Melt the butter in a tall saucepan, stirring constantly until it turns a nutty color. Add the peas and use a hand blender to puree. If the consistency is too thick, add milk or some of the cooking water from the peas. Season with salt, pepper and chili to taste.

Ingredients 2 Portions

♦ = Kotányi Produkte

For the patties

100 g	Organic buckwheat
80 g	Leaf spinach or baby spinach
100 g	Curd cheese
100 g	Sesame seeds
1 pcs.	Egg
1 pcs.	Egg, boiled
50 g	Feta
5 tbsp.	Sunflower oil
1 pcs.	♦ Bay Leaves, Whole
1 tsp.	♦ Garlic Granules
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Rainbow, Whole

For the pea puree

400 g	Peas, frozen
2 tbsp.	Butter
1 pinch	♦ Chili Hot
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Rainbow, Whole

