



Carrot and Zucchini Burgers with Rolled Oats

🕒 25–30 Min   

Preparation

- 1 Soak the rolled oats in water.
- 2 Roughly grate the carrots and zucchini and mix with sesame oil, rolled oats, marjoram, egg and breadcrumbs.
- 3 Mix well and soak for 15 minutes.
- 4 Heat the oil in a pan. Use a tablespoon to divide the mixture, add to the pan and press down lightly to create burgers.
- 5 Fry for 3–4 minutes each side then place onto a piece of paper towel.
- 6 Season with sea salt and ground pepper and enjoy.

Ingredients 2 Portions

♦ = Kotányi Produkte

100 g	Rolled oats
150 ml	Water, lukewarm
1 tbsp.	Sesame oil
80 g	Carrots
100 g	Zucchini
1	Egg
2 tbsp.	Breadcrumbs
1 tbsp.	♦ Marjoram, Crushed
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole
	Oil for frying

