

Carrot and Zucchini Burgers with Rolled Oats

25–30 Min

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

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.