

Couscous Burgers with a Fruity Vegetable Cream

50–60 Min

Ingredients 4 Portions

= Kotányi Produkte

For the patties

120 g	Couscous
2	Spring onions
1	Zucchini
4	Carrots
45 g	Emmental, grated
80 g	Cornflour
1	Egg
1 tbsp.	Parsley, Chopped
1 tsp.	Garlic Granules
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole
	Olive oil for frying

For the vegetable cream

2	Tomatoes
1	Yellow bell pepper
1	Red bell pepper
1	Onion
2	Garlic cloves
1 tbsp.	Olive oil
1	Mild chili peppers from a jar
60 g	Kidney beans, from a can
2 tsp.	Paprika Special Sweet

Preparation

1. Prepare the couscous according to the instructions on the packaging and allow to cool. Cut the spring onions into fine rings and roughly grate the zucchini and carrots. Heat 1 tbsp. of olive oil in a pan and fry the scallions until they go transparent. Add the grated carrots and zucchini and quickly fry. Put to one side and leave to cool.
2. Mix the couscous, Emmental, cornflour, Kotányi herbs and spices and egg in a bowl. Use a round cookie cutter (7 cm in diameter) to make 12 equal-sized flat patties.
3. Fry in olive oil in a pan over a medium heat until golden. Season the patties with salt to taste.
4. To make the vegetable cream: Roughly cut the tomatoes, onion and garlic and fry with the beans in olive oil. Then add paprika and fry for a minute.
5. Transfer everything in the pan into a suitable container, add the chili peppers and blend. Leave to cool. If the mixture is too thick, add a couple of tablespoons of water. Season the cream with salt to taste.
6. Dish the patties up with the dressed arugula salad, serve with the cold vegetable cream and enjoy.

