



Couscous Burgers with a Fruity Vegetable Cream

🕒 50–60 Min   

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.

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

