

MINI QUINOA AND PORTOBELLO MUSHROOM BURGERS

 GRAN RESERVA CABERNET SAUVIGNON

 4 servings  1 hour  difficulty: medium  VEGAN RECIPE

INGREDIENTS

- 2 cups quinoa (400 g / 14 oz)
- 1 chopped onion
- ½ red bell pepper
- ½ cup chickpea flour
- ½ grated carrot
- 1 tbsp vegetable oil
- 1 lettuce
- 1 tray portobello mushrooms
- 4 pcs brioche buns or mini hamburger buns
- 1 small package vegan mayonnaise

PREPARATION

1. Wash quinoa in a strainer for 2 minutes. Cook quinoa in the same measure as rice, 2 cups of quinoa to 3 cups of boiling water. Cook for 20 minutes and turn off.
2. Fry red bell pepper, onion and carrot in a frying pan with oil for 10 minutes, remove and mix in a bowl with quinoa.
3. Mix all ingredients homogeneously and little by little add chickpea flour with some water until the mixture binds together. Now shape the mixture into hamburgers. Cook hamburgers in a frying pan for 1 minute on each side.
4. In another pan sauté mushrooms without stems for 5 minutes and set aside.
5. Slice buns and toast in a frying pan with a touch of olive oil on the base and on the top.
6. Assemble hamburgers, on the base first add mayonnaise, a layer of lettuce, hamburger, on top of this the sautéed mushrooms and finally the cover with a touch of mayonnaise.

