

Quinoa and Feta Burgers

with Coriander and Aioli



30-40min



4 Portions

For a tasty burger without the guilt, look no further than these hearty vego buns. Made with nutty quinoa, shredded zucchini and creamy feta, the patties are given an extra hit of flavour with the addition of Middle Eastern spice blend ras el hanout. Sandwiched between toasted milk buns, creamy mayonnaise and fresh salad, your midweek meat-free meal never tasted so good. ...

What we send

- zucchini, tomato
- feta ⁷
- aioli ³
- quinoa
- coriander, garlic
- panko breadcrumbs ¹
- ras el hanout ^{1,17}
- milk bun ^{1,3,6,7}
- rocket leaves

What you'll require

- egg ³
- olive oil
- plain flour ¹
- sea salt and pepper
- water

Utensils

- large frypan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

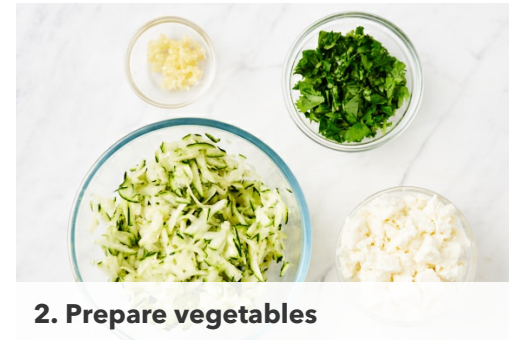
Nutrition per serving

Energy 860kcal, Fat 39.5g, Carbs 122.5g, Proteins 27.0g



1. Cook quinoa

Put the **quinoa** in a sieve and rinse well (see cooking tip). Put in a medium saucepan with **500ml (2 cups) water** and bring to a simmer. Cover with a lid, reduce the heat to low and cook for 12 mins or until the water has absorbed and the quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins.



2. Prepare vegetables

Meanwhile, using the largest hole on a box grater, grate the **zucchini**. Put in a clean tea towel and squeeze out as much liquid as possible. Crush or finely chop the **garlic**. Finely chop the **coriander**, including the stems. Crumble the **feta**.



3. Cool quinoa

Transfer the **cooked quinoa** to a bowl. Using a fork, toss the quinoa for 1-2 mins until the grains begin to cool.



4. Make patties

Add the **zucchini, feta, garlic, coriander, ras el hanout, breadcrumbs** and **40g (1/3 cup) plain flour** to the **quinoa**. Season with **salt and pepper** and stir well to combine. Lightly beat **2 eggs**, add to the bowl and work together until slightly sticky. Shape into 4 patties.



5. Cook patties

Heat **2 tbs olive oil** in a large frypan over medium heat. Cook the **patties** for 3 mins each side or until golden. Reduce the heat to medium-low, cover and cook for a further 5 mins each side or until cooked through.



6. Assemble burgers

Meanwhile, preheat the grill. Cut the **buns** in half and grill the cut sides for 1 min or until toasted. Slice the **tomatoes**. Spread the bun bases with the **aioli**, top with the **patties, tomato** and **rocket** and sandwich with the bun tops. Serve with any remaining rocket on the side.