

Vegetarian Burger

- Serves 4 people -

INGREDIENTS:

200g Oyster mushrooms	1 cup Cooked quinoa
1 Clove garlic	1/2 cup Cornstarch
2 tbsp canola oil	1/2 tsp Hot sauce
1/4 cup Red onions	1 tsp Ground cumin
2 Green onions	Salt and pepper to taste
2 tsp. Rice wine vinegar	Bread crumbs
	Sesame seeds

METHOD:

- STEP 1** In the food processor, mix the mushrooms, red onion, green onions, and vinegar until mostly smooth.
- STEP 2** Transfer mixture to a large bowl and stir in quinoa and cornstarch until well-blended.
- STEP 3** Cover bowl and refrigerate for 2 hours.
- STEP 4** Form patties and turn them in a mix of bread crumbs and sesame seeds before frying.
- STEP 5** Fry until golden brown.

Serve on burger buns, add vegetables like onion, tomato, bell pepper and cole slaw.

