



Maize-Fed Poularde Burgers with Pistachio Couscous and Avocado Creme



Ingredients for the Burgers

1 slice of light bread, diced
80 g natural yoghurt
300 g breast of maize-fed poularde (minced meat)
1 tsp pepper, ground
½ tsp cinnamon powder
1 tsp salt
2 tbsp pine nuts, dry-roasted
1 garlic clove, finely chopped
2 tbsp raisins, finely chopped
Olive oil for frying
Panko breadcrumbs for coating

Preparing the Burgers

For the burgers, mix the diced bread with the yoghurt and leave to stand for 10 minutes. Season the poularde meat with the spices, mix well with all other ingredients and chill for 1 hour. Form the meat mixture into small balls and fry in olive oil until golden brown.

Preparing the Pistachio Couscous

For the pistachio couscous, bring the vegetable stock to the boil and pour over the couscous. Leave to soak for 10 minutes. Sauté the onion in the olive oil until golden brown and season with salt and cumin. Allow to cool a little. Using a stick blender, blend parsley, coriander leaves and olive oil. Add to the couscous.



Preparing the Avocado Creme

For the avocado creme, blend the avocado flesh with the other ingredients until smooth. Season to taste and spoon into a piping bag.

Anrichten

serving suggestion

Spoon the pistachio couscous onto the plate, arrange the poularde burgers on top and pipe a few dots of avocado creme around it.

Ingredients for the Pistachio Couscous

160 ml vegetable stock
150 g couscous
1 small onion, cut into thin rings
1 tbsp olive oil
2 pinches salt
2 pinches cumin, ground
20 g parsley, chopped
20 g coriander leaves, chopped
70 ml olive oil
50 g pistachios, roasted and coarsely chopped
3 spring onions, cut into thin rings
1 green chilli pepper, deseeded and finely chopped
30 g rocket salad, chopped
1 lime, juice and grated zest

Ingredients for the Avocado Creme

1 ripe avocado
½ lime, juice and finely grated zest
2 tbsp crème fraîche
1 pinch cardamom, ground
½ green chilli, deseeded and diced
½ tsp sugar
Salt