



# Carrot and quinoa burger with orange yoghurt



## To prepare

Simmer the quinoa in the vegetable stock for 10 minutes, then remove from the heat and leave to steep for 10 minutes with the lid on. Sweat the carrots in the olive oil, add salt, pepper and fennel seeds to taste and add to the quinoa. Then add the egg, breadcrumbs and feta before mixing well. Leave to infuse in the fridge for 30 minutes. Then form small burger patties and coat with the sesame. Fry the burgers in olive oil and butter on each side for 2-3 minutes until golden brown. Mix all the ingredients for the yoghurt dip well and serve together with the carrot salad and roasted sesame.

## Rezept für 4

### Burger ingredients

200 g quinoa  
5 dl vegetable stock  
2 carrots, grated  
2 tbsp. olive oil  
½ tsp. fennel seeds,  
ground  
Salt  
Freshly ground pepper  
1 egg  
4 tbsp. breadcrumbs  
120 g feta cheese,  
crumbled  
6 tbsp. sesame  
2 tbsp. olive oil for frying  
2 tbsp. butter

### Yoghurt ingredients

300 g Greek yoghurt  
1 orange, not treated with  
pesticide, grated zest and  
2 tbsp. juice  
1 pinch of turmeric powder  
1 tsp. maple syrup  
Salt  
Freshly ground pepper