



COOK WITH US!

Burger with Edamame soybeans

Edamame burgers are a great sandwich recipe, quick and interesting. The flavour of soya and carrots mixed with the texture of the potatoes make this recipe a tasty dish, rich in vitamins and protein.

INGREDIENTS

4 sesame burger sandwich

50 g Orogel Carrot Rounds

60 g corn

2 sliced tomatoes

2 teaspoons of sage

70 g Orogel Edamame Soybeans

90 g potatoes

25 g breadcrumbs

4 "Gentilina" salad leaves

spreadable cheese



45



4



Medium



Panini

Method

- 1 Cook edamame soybeans and carrot rounds according to package instructions. Boil and mash the potatoes.
- 2 Form veggie burgers adding chopped sage leaves.
- 3 Coat the burgers in breadcrumbs and cook them in a pan with oil, or bake them in oven at 180°C for 20 minutes.
- 4 Cut the bread, spread cheese on the lower half, add a burger, a tomato slice and a salad leave.

