

QUINOA HAMBURGER



Chef: Monica Copetti

Gluten Free

Method

Wash the quinoa, toast it for some minutes in a non-stick pan and cook it in hot salted water for 20 minutes.

Drain and dry it very well. Put it in a bowl with the rest of the ingredients, previously blended into the mixer for a minute.

Season to taste.

Form hamburgers adding Potato flakes, then cook them in a non-stick pan or in an oven at 170°C for 8-10 minutes.

Complete the presentation of the hamburger, adding Walnut sauce, walnut kernels, "Grancrema" of Parmigiano Reggiano cheese, green salad and some slices of fresh tomato.

Serve with potatoes sliced in rings and Tomato Ketchup.

Menù Ingredients

150 g Fagioli cannellini lessati - Boiled Cannellini Beans - UI3

150 g Piselli fini lessati - Boiled Baby Peas - UC3

150 g Quinoa tricolore - Three-colour quinoa - RQ0

20 g Grancrema al Parmigiano Reggiano D.O.P. - Grancrema cheese sauce with Parmigiano Reggiano PDO - KH1

20 g Salsa alle noci - Walnut sauce - C47

210 g Patate pronte al naturale - Potatoes naturally preserved, ready to serve - Z62

30 g Fiokki - Fiokki Potato Flakes - PC5

40 g Tomato Ketchup - KE0K

4 spoons Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

fresh tomato

green salad

salt and pepper

chopped fresh chive

chopped parsley