

Sweet Potato & Quinoa Veggie Burgers



Ingredients

- 600g (1lb 5oz) sweet potatoes (3 medium sweet potatoes)
- 2 eggs
- 100 g (3.5oz/1 scant cup) chickpea (besan) flour
- 1 tsp chilli powder, preferably piment d'Espelette
- 1 tbsp Walnut Butter or other Nut Butter (see text below recipe steps)
- juice of 1/2 lemon
- pinch of sea salt
- 200g (7oz/1 cup) boiled quinoa
- rapeseed or peanut oil for frying

Info

- **Prep:** -
- **Cook:** -
- **Serves:** 6
- [Source](#)

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Rate

- Horseradish sour cream:
- 3 tbsps finely grated fresh horseradish
- 300g (10.5oz/1 1/4 cups) sour cream or crème fraîche
- sea salt

To serve:

- 6 burger buns
- butter for the buns
- finely sliced red Asian shallots
- finely chopped fresh chives

Directions

1. Preheat the oven to 200C (400F/Gas 6)
2. Put the sweet potatoes into an ovenproof dish and bake them in the middle of the oven for about 45 minutes or until they are soft all the way through.
3. Split the potatoes length-ways and scoop out the insides with a spoon.
4. Lightly whisk the eggs in a food processor using a knife blade. Add the sweet potatoes, chickpea flour, chilli powder, mustard, nut butter, lemon juice and salt, and pulse-blend until all the ingredients are well combined. Transfer to a bowl and add the quinoa. Turn the mixture with a spoon so that everything is well blended.
5. Take a handful of mixture at a time and shape into 6 round patties, either by hand or using a food ring. Put the patties on a plate and cover with cling film (plastic wrap). Put in the fridge for at least an hour, preferably longer, so that the patties will hold together better when you fry them.
6. Preheat the oven to 180C (350F/Gas 4).
7. Mix the horseradish and sour cream in a bowl. Add salt to taste and put to one side.
8. Heat a few tablespoons of oil in a frying pan (skillet). Fry both sides of the patties for a few minutes over a medium heat, until they have developed a little color and a nice surface. Transfer to an ovenproof dish and bake them in the middle of the oven for 5-10 minutes.
9. Butter the buns on the cut surface and fry them quickly in a frying pan or grill (broil) them in the oven.
10. Put a patty at the bottom of each bun, splash on some horseradish sour cream and top with shallots and chives.

[sweet potato](#), [chickpea flour](#), [nut butter](#), [lemon](#), [quinoa](#), [horseradish](#), [sour cream](#), [shallots](#), [scallions](#), [freezer friendly](#)

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