



BURGER

Stories



EAT WITH D

SUPER DELICIOUS
CHICKPEA BURGER



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SUPER DELICIOUS

CHICKPEA BURGER

This recipe contains chickpea burger patties, which are a very smart and extremely healthy choice for the times you want to avoid eating meat burger patties. It doesn't contain flour and eggs and is made very easily with ingredients you have at home.



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SUPER DELICIOUS
CHICKPEA BURGER

Ingredients for 6 burgers patties:

400gr. caned chickpeas
½ cup oats
2-3 carrots, grated
1 onion, diced
3 cloves garlic, chopped
1/3 cup cilantro
1 tbsp tomato paste
1 tbsp olive oil
1 ½ tsp paprika, chili
Salt, pepper

Burger ingredients:

6 burger buns
1 avocado, melted
1 tomato, sliced
1 onion, sliced
3 tbsp mayonnaise light



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SUPER DELICIOUS

CHICKPEA BURGER

Instructions:

1. Preheat the oven to 190°C.
2. In a pan over medium heat, add the olive oil, diced onion and grated carrots. Cook for about 5 minutes, stirring frequently.
3. Add chopped garlic and sauté for an additional minute.
4. Transfer the mixture from the pan and all the ingredients for the burger patties to a blender and mix until smooth.
5. Divide the mixture into 6 balls, shape them with your hands and place them in a sheet pan with parchment paper on.
6. Bake for 30 minutes, flipping once halfway through.
7. Bake the burger buns in the same pan for 2-3 minutes.
8. Serve by putting the burger patty on the one half of the burger bun, add some avocado, 1 slice of tomato and 1 slice of onion.
9. Spread some mayonnaise on the other half of the burger bun and cover.



The Best
SALMON BURGER



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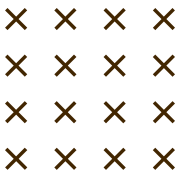


The Best **SALMON BURGER**

A special and healthy recipe for salmon burger, a fish with high omega-3 fatty acids and protein content.



EAT WITH D



The Best **SALMON BURGER**

Ingredients for 3-4 burgers:

500 gr. salmon, fresh without bones

1 onion, finely chopped

2 tbsp lemon juice

1 cup dill, finely chopped

½ cup breadcrumbs

½ tbsp mustard

3-4 burger buns

1 tomato, sliced

3-4 lettuce leaves

Salt, pepper

Ingredients for yogurt sauce:

¾ cup strained yogurt

1 tbsp lemon juice

1 clove of garlic, melted

¼ cup dill, chopped

1 ½ tbsp olive oil

Salt



EAT WITH D



The Best **SALMON BURGER**

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Instructions:

1. Preheat the oven to 200oC.
2. Put the salmon in a blender and mix until it be like mince.
3. Put the salmon in a bowl and add onion, lemon juice, dill, mustard, salt and pepper.
4. Whisk and separate the mixture into 3-4 parts.
5. Put a parchment paper on a baking tray and bake the burger buns for 2 minutes from each side and put aside.
6. On the same baking tray sprinkle the salmon burgers with some olive oil and bake them for 10 minutes from each side.
7. Prepare the yogurt sauce by simply mixing all the ingredients together in a bowl.
8. On the one half of the bun spread some yogurt sauce, add the salmon burger, a slice of tomato, a lettuce leaf and cover with the other half of the bun.

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SPECIAL PORTOBELLO BURGER



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SPECIAL PORTOBELLO BURGER

A veggie version, the same tasteful with the classic burger. Portobello mushrooms are a great meat substitute you can choose if you want to reduce your calories or red-meat consumption.



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SPECIAL PORTOBELLO BURGER

Ingredients for 4 burgers:

- 4 portobello mushrooms
- 2 tbsp light mayonnaise
- 2 tbsp pesto
- 1 tbsp soy sauce
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 4 thick slices of onion
- 100gr. mozzarella, cut into thin slices
- 1 roasted pepper, cut into slices
- 4 burger buns



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SPECIAL PORTOBELLO BURGER



Instructions:

1. Preheat the oven to 200°C.
2. In a bowl, stir together the balsamic vinegar, the soy sauce, the olive oil and marinate the mushrooms in the mixture, after we have previously cleaned them.
3. Put a parchment paper on a baking tray and bake the pepper for about 10 minutes.
4. Then cook the mushrooms for 5 minutes on one side and then for another 5 minutes on the other.
5. In the last minutes of cooking, bake the mozzarella and onion slices in the same pan for 2 minutes.
6. Finally, bake the burger buns for 2 minutes.
7. Make the burger with the ingredients in the sequence you want. Indicatively: spread pesto on the one half of the bun, add the portobello mushroom, mozzarella, onion slice and pepper and cover with the other half of the bun.

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