

Couscous vegetable burger



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For 10 pieces:

1/2 cup couscous
300 g (10,5 oz) potatoes, cooked and mashed
1 zucchini, grated
3 carrots, finally grated
1/2 cup sweet corn (canned)
1 cup frozen peas
1 large onion, grated
5 cloves of garlic, mashed
a pinch of cumin powder
2 teaspoons rosemary
1 teaspoon thyme
2 teaspoons paprika powder
fresh chili pepper / chili flakes, to taste (optional)
salt and pepper, to taste

Prepare couscous according to package directions. Allow to cool.

Mix all ingredients until you get a paste.



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Divide the mixture into 10 equal parts. Form balls and then press between your hands about approx. 1,5-2 cm. thick (0,5 inch).



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Fry the burgers in a little bit of oil, about 5 minutes on each side.



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You can also bake them in the oven, on medium heat, for about

15 minutes on each side.

Cut the burger bun in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or [garlic sauce](#), to taste.