

Vegan: Quinoa, Tofu & Wild Rice Patty



Serves: 4

Profitability:

Author: David Fernandez at Stock Burger Co, Brighton

Ingredients:

WILD RICE PATTY

50g quinoa, cooked

50g wild rice, cooked

50g tofu

1 tbsp caramelised onions

¼ garlic clove

30g chickpeas

CASHEW NUT CREAM

180g cashew nuts

½ lemon, juiced

8g chilli

1 tsp olive oil

SLOW ROASTED TOMATO

1 beef tomato, sliced into 5 pieces

1 garlic clove

2 tbsp olive oil

1 tsp sugar

1 tbsp balsamic vinegar

1 tsp oregano

TO ASSEMBLE

1 vegetable, fat-based brioche bun

Vegetable fat, for buttering

2 slices vegan cheese

3 red onion rings

Watercress sprouts, sprinkle

Steps:

WILD RICE PATTY

Boil the quinoa and wild rice separately (according to instructions) and leave to cool

Combine grains, tofu, caramelised onions, garlic clove and chickpeas. Press together into patties and reserve

Grill on the BBQ for 6 minutes each side

CASHEW NUT CREAM

Soak the cashew nuts for 2 hours, remove the water and blend. Add lemon, chilli and olive oil to emulsify

SLOW ROASTED TOMATO

Marinate the tomato with the garlic, olive oil, sugar, balsamic vinegar and oregano

Place on a baking tray and bake for 40 minutes at 140°C. Allow to cool

TO ASSEMBLE

Grill the buns and spread a good spoonful of the cashew nut sauce and a sprinkle of watercress sprouts on the bottom bun

Add the grilled patty, vegan cheese, roasted tomato and onion rings and serve