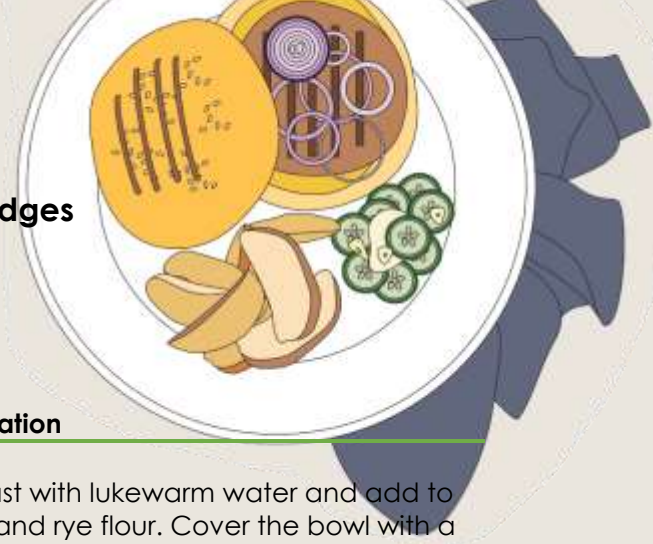


## Vegi Burger with Cucumber Salad & Potato Wedges

Serves 4

Approximate preparation time: 35-40 minutes



Quantity	Ingredients	Preparation
<b>Sesame bun</b>		
1 tsp	rye flour	Mix yeast with lukewarm water and add to wheat and rye flour. Cover the bowl with a cloth and leave it to rise in a warm place for 20 minutes. Roast the sesame seeds and add half to the dough with the salt, knead well and leave it to rise for another 45 minutes. Form the dough into 4 buns, glaze with warm honey and sprinkle with sesame seeds. Leave them to rise for a further 30 minutes. Place the buns on a baking tray covered with baking paper and bake in a preheated oven at approx. 200 °C for 40 minutes.
1 tsp	honey	
12 g	yeast	
40 g	sesame seeds	
1.5 dl	water	
245 g	wheat flour	
1 tsp	salt	
<b>Cucumber salad</b>		
75 g	low-fat quark	Cut cucumbers into thin slices, finely chop garlic and dill. Add the cucumber, garlic and dill with the Worcestershire sauce to the low-fat quark and season with pepper and spices to taste.
4 g	dill	
1	cucumber	
1 tsp	Worcestershire sauce	
1 clove	garlic	
3 pinches	pepper	
<b>Potato wedges</b>		
600 g	potatoes (waxy)	Wash the potatoes, cut into slices and marinate with the rapeseed oil, salt and spices. Place on a tray lined with baking paper and bake in a preheated oven at 180 °C for about 20 minutes.
0.5 dl	rapeseed oil	
1 tsp	salt	
<b>Vegi burger</b>		
1	onion (small)	Soak the soybean meat powder in twice the amount of hot water for about 20 minutes. Finely chop the onions, then add salt and flour to the powder. Fry in the rapeseed oil on both sides over a medium heat. Cut the sesame buns in half and toast the inside in a pan. Serve the veggie burger in the bun. The burger can also be filled with onion rings, gherkins and lettuce.
400 g	Soybean meat powder	
800 ml	water	
3 tbsp	rapeseed oil	
3 g	salt	
80 g	wheat flour	

### Fun fact:

The carbon footprint of a veggie burger is around 80% lower than a beef burger.