

# VEGETABLES, QUINOA AND CRICKET BURGERS

Healthy and delicious. This requires a lot of ingredients but the result will be worth the effort.

PREP TIME: 45 MINUTES / COOK TIME: 45 MINUTES / PORTION: 6

## Ingredients:

- 3 cups of mushrooms (we used shiitake)
- 1 medium carrot
- 1 cup broccoli
- 1 cup califlower
- 1/4 medium onion
- 2 cloves garlic
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- Pinch of salt and pepper
- 1 (15.25oz) can black beans, drained and rinsed
- 1/4 cup sunflower seeds
- 3 cups fresh spinach leaves
- Aromatic herbs of your choice: chives, basil, garlic, cilantro...
- 2 cups panko breadcrumbs
- 2 large eggs
- 1 tablespoon (15 gr) tomato paste
- 1 cup cooked quinoa
- 1/2 cup of Harmony Cricket Flour

## DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. Cover 2 baking sheets with aluminum foil.

### Prepare the vegetables and black beans

3. Cut the mushrooms in 4, making sure to remove the stems.
4. Roughly chop the carrot, broccoli, garlic and onion.
5. Put all these vegetables in the bowl of your food processor or blender.
6. Add the garlic, olive oil, smoked paprika, chili powder, salt, pepper and cricket powder. Mix until everything is well ground.
7. Spread this mixture well over the entire surface of one of your aluminum coated baking sheets. Pack the mixture well so that the vegetable layer is flattened out.
8. Bake this vegetable mixture for the first time for 15 minutes. Take the baking sheet out of the oven, stir the vegetable mixture then flatten everything, bake 15 minutes more.
9. Put the drained black beans on a second baking sheet (also covered with aluminum foil so that the beans do not stick to the baking sheet) and bake them for 15 min.
10. Take out and let cool.
11. Mix the beans in your food processor.

### Prepare the spinach-seed "pesto"

12. Put the seeds, spinach and fresh herbs in your blender or food processor. Blend until it looks like a pesto.

### Mix all the elements

13. Mix black beans, pesto and vegetables all together.
14. Add the breadcrumbs, the eggs, the tomato paste and mix everything until a homogeneous mixture is obtained (don't over-due it, you still have to keep a certain texture).
15. Add the cooked quinoa to this mixture and mix.
16. Form patties to desired size.
17. In a hot pan with oil, cook until they are golden brown and crisp.