

MINI SPINACH BURGER WITH ROASTED ORANGE VEGETABLES

INGREDIENTS

150 g carrots
1 small fennel
1 yellow/orange bell pepper
6 yellow tomatoes
olive oil for frying
200 g pumpkin
3 springs of fresh thyme/rosemary
salt and pepper
garlic powder and chili flakes
1 pack Garden Gourmet Spinach Mini Burger

 2 SERVINGS

 35 MIN

 EASY

Delight in the fresh and vibrant flavors of our Mini Spinach Burger, perfectly paired with a colorful assortment of roasted orange vegetables. This wholesome burger features a flavorful spinach patty, rich in nutrients and packed with herbs and spices, creating a deliciously satisfying option for any meal.

PREPARATION

1. Prepare the veggies

Peel or wash the carrots and cut them in half lengthwise. Cut the fennel into equal wedges and the squash and bell pepper into equal pieces.

2. Mix the veggies

Mix the vegetables with olive oil, salt, pepper, garlic and some chili flakes.

3. Bake the veggies

Spread the vegetables except the tomatoes on a baking tray or in the airfryer basket and roast them in about 20 min(oven at 200°C) or 14 min airfryer (180°C) until crispy cooked and lightly colored.

4. Add tomatoes to the roast

Toss them occasionally so that they color evenly and, for the last 5 minutes, roast the tomatoes with them

5. Cook Mini Burgers and enjoy!

Fry the spinache burgers according to instructions on the package in the frying pan or airfryer and serve with the vegetables.

**CHECK OUT MORE RECIPES AT
GARDENGOURMET.COM**