

## Carrot-burgers on rocket salad

Ideal from June to October



...when hunger is big - but the carbon footprint should remain small:

More recipes for vegetable burgers can be found online in abundance, so you can adapt them to every season



### Ingredients:

#### For the carrot-burgers:

100 g carrots  
1 scallion  
150 g fine oat flakes  
4 tbsp ground flaxseeds  
about 50 ml boiling water  
3 tbsp sunflower seeds  
1 tbsp sunflower oil  
salt, pepper

#### For the salad:

50 g carrots  
80 g rocket salad  
1 tbsp sunflower seeds

#### For the dressing:

2 tbsp sea buckthorn juice  
2 tbsp sunflower oil  
2 tbsp of water  
some sugar, salt and pepper

### Preparation:

1. allow the oat flakes to swell in approx. 40 ml of boiling water (or vegetable stock) (approx. 10 minutes)
2. leave the ground linseeds to swell in twice the amount of boiling water (approx. 10 minutes)
3. wash and grate the carrots. Put 50 g of them in a bowl for the salad, the rest in a large bowl.
4. wash and chop the spring onion. Add part of it to the salad and the rest to the bowl for the carrot-burgers.
5. wash and drain the rocket salad and put it in the salad bowl.
6. put the oat flakes, flaxseed, 1 tbsp sunflower oil, 3 tbsp sunflower seeds, salt and pepper in the bowl with the grated carrots and knead into a dough.
7. heat some oil in a pan and form roastings with wet hands (less sticky); fry them on both sides until golden brown.
8. mix the ingredients for the dressing and season to taste
9. arrange the salad with dressing and sunflower seeds, add the roastings and you are done :D