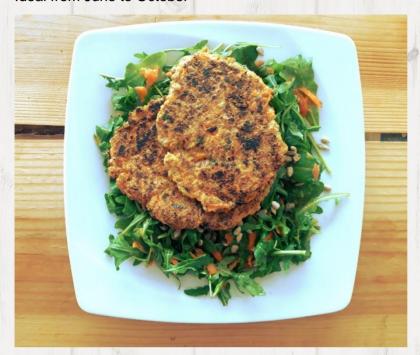
Carrot-burgers on rocket salad

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 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