



Vegan Black Bean Burger with Brussels Sprouts

Ingredients (4 vegan burgers - 6 burger patties)

For the burger buns (optional/you can also buy some buns)

- 200 g (1 2/3 cups) of (spelt) flour
- A pinch of salt
- 1 package dry yeast (or half a cube of fresh yeast)
- A pinch of coconut sugar (or any sugar alternative)
- 1 tsp. olive oil
- 1 tbsp plantbased milk for brushing the burger buns before baking
- 1 tbsp. sesame seeds

For the bean burger patties (6 patties)

- 20 g (0.7 oz) ground flax seeds
- 70 g (2.4 oz) onions
- 1 clove of garlic
- 100 g champignons
- 1 can/glas black beans (244 g drained net weight)
- Vegetable oil for frying
- 1 tsp. herbes de Provence
- Salt
- 80 g (1 cup) oatmeal
- 1-2 tsp. dark miso paste (or hot mustard)
- 2 tbsp. tomato paste
- 1 tbsp. paprika powder
- 1/2 tsp. smoked paprika powder
- A pinch of cumin
- Chili flakes to your taste
- 3-4 tbsp breadcrumbs or 3-4 tbsp. chickpea flour for a gluten free alternative
- A handful of parsley

Other ingredients (can be varied individually)

- 250 g (8.8 oz) Brussels sprouts
- 1 tbsp. olive oil
- 1 tsp. cumin
- Optional: 1-2 tsp. agave syrup
- Salt
- 170-200 g (5.9- 7 oz) sweet potatoes
- 1 tbsp. almond butter/paste
- 12-15 g/3 tbsp. yeast flakes
- Chili flakes to your liking
- 1 tsp. paprika powder
- A pinch of garlic powder (or a small garlic clove)
- 4-5 tbsp. plantbased milk
- Optional: Sriracha chili sauce for drizzling the burger patty zum Beträufeln

Instructions (75 minutes for the buns + 40 minutes for the patties and other ingredients)

1. For the burger buns, mix flour and salt in a bowl. Add dry yeast and 120 ml (0,7 cups) lukewarm water and mix. Leave to swell for about 3 minutes. Then add a pinch coconut sugar and olive oil and knead a smooth dough on a floured work surface.
2. Cover the dough and let it sit for 45-60 minutes. Divide the dough into 4 parts, knead into buns, place on a baking tray covered with baking paper, brush with plantbased milk, sprinkle with sesame seeds (and press them lightly into the dough) and let the buns sit for another 10-15 minutes.
3. Bake your buns at 220°C/428 °F in a preheated oven for 10-15 minutes. After half the baking time, brush the buns again lightly with plantbased milk (this will give them a nice golden color).
4. For the burger patties: Mix the ground flax seeds with 3 tbsp. water and let it swell. Peel onion and garlic clove and dice finely. Clean the mushrooms,

- shorten the stems and chop finely. Rinse the beans.
5. Heat 1 tbsp oil in a pan. Fry the onion, garlic and mushroom cubes for 3-4 minutes and season with herbs the Provence and a pinch of salt.
 6. Pulse the black beans with the oatmeal in your blender, add the fried mushroom cubes, the flax egg, 1-2 tsp miso paste, 2 tbsp tomato paste and the spices and pulse again (don't overdo the blending!).
 7. Remove patty dough from the blender and place it in a bowl. Mix it with 3-4 tbsp. breadcrumbs or 3-4 tbsp. chickpea flour for a gluten-free version, until the dough is easy to shape. Add chopped parsley and form 6 patties with slightly moistened hands. Important: Press the patties flat and don't let them get too thick, otherwise they won't fry well inside.
 8. Fry the patties in a pan with plenty of vegetable oil on both sides for 3-4 minutes. It is better to fry them at medium heat for a little longer than short and too hot, otherwise they will quickly darken on the outside and are not yet well fried on the inside. So, medium heat 3-4 minutes per side. Keep them warm in the oven.
 9. Wash Brussels sprouts, cut into fine slices, mix with 1 tablespoon olive oil, cumin, a pinch of salt and 1 tsp. n agave syrup and place on baking paper. Wash half a sweet potato, cut into (thin) slices and place on the baking tray without adding any more fat.
 10. Bake Brussels sprouts and sweet potatoes at 180 °C/ 356 °F. After 10 minutes baking time, remove the Brussels sprouts from the parchment paper, salt again and keep baking the sweet potato slices for another 4-5 minutes until they are completely soft.
 11. For the "sweet potato cheese substitute": Puree the soft sweet potatoes with 1 tbsp. almond paste, 3 tbsp. yeast flakes, a pinch of salt, chilli flakes as desired, 1 tsp. paprika powder and a pinch of garlic powder (or add half a clove of garlic) and 4-5 tablespoons plantbased milk in a blender. Add more almond paste and plantbased milk for even more creaminess. Season to taste with salt.
 12. Slice open the buns, spread with sweet potato cream, layer with Brussels sprouts and the patties, optionally drizzle with Sriracha and enjoy.