KIKKOMAN

Beetroot burger with aubergine and sesame sauce

Total time **35 mins** **20 mins** preparation time **15 mins** cooking time **10 mins** waiting time

INGREDIENTS

10 portion(s)

For the burger patties:

100 g	raw millet
600 g	beetroot, pre-cooked and vacuum-packed
150 g	finely diced white onions
100 g	oat flakes
60 g	ground linseed
150 ml	balsamic vinegar
10 g	cumin
10 g	salt

For the toppings:

700 g	eggplant, washed and cleaned
50 ml	balsamic vinegar
50 g	maple syrup
50 ml	rapeseed oil
10	rustic vegan burger buns, about 60 g each
100 g	red onion, cut into approx. 1 mm thick rings
100 g	rocket salad, washed and cleaned

For the sauce:

350 ml	Kikkoman Sesame Sauce
10 g	chilli powder
15 g	maple syrup
5 g	ground coriander
30 ml	lemon juice

PREPARATION

Step 1

Cook the 100 g of millet in 500 ml of water over a medium heat for 10 minutes, then drain in a sieve. Remove the beetroot from the packaging and grate coarsely. Mix the grated beetroot, diced onion, oat flakes, ground linseed, vinegar, cumin, salt and cooked millet thoroughly and let stand for 10 minutes. In the meantime, preheat the oven (fan) to 180 °C.

Step 2

Form burger patties by placing approx. 130 g of the mixture per portion onto a baking tray lined with greaseproof paper. Shape each of them with a cookie cutter (ø 11 cm).

Step 3

Slice the aubergine into approx. 4 mm thick slices using a slicer, place them on a second baking tray and marinate with the vinegar, maple syrup and oil.

Step 4

Bake the burger patties and aubergine in the oven for 15 minutes.

Step 5

Meanwhile, mix the Kikkoman Sesame Sauce, chilli powder, maple syrup, coriander and lemon juice in a bowl.

Step 6

Build the burgers by placing a beetroot patty on each bottom half of the bun. Top with the aubergine, rocket salad, onion slices, sauce and the top half of the burger bun and serve.