



**Recept geschikt voor:** 4 stuks | **Moeilijkheid:** 🍳

**Vorbereidingstijd:** 10 min | **Bereidingstijd:** 5 min | **Totale bereiding:** 15 min

**Bertyn producten:** Veggie Protein Bloc - Natur Veggie Protein Bloc - Spelt Veggie Protein Bloc - Wheat

Bron: [bertyn.eu](http://bertyn.eu) | Chef: [Miki Duerinck en Kristin Leybaert](#) | © Miki Duerinck en Kristin Leybaert

# Vegetarian Pumpkin Burger

## Ingrediënten

- 100 g onion, chopped
- 1 clove of garlic, chopped
- 100 g pumpkin (flesh), cut into in small pieces
- 150 g seitan, ground
- 2 tablespoons chopped parsely
- 100 g hazelnuts, coarsely ground
- 3 tablespoons nutritional yeast flakes
- 50 g buckwheat flour
- 1 tablespoon soy sauce
- pepper and salt
- olive oil

## Bereiding

1. Cook the onion in a little bit of olive oil.
2. Add the garlic and the pieces of pumpkin. Cook until the pumpkin is cooked-through.
3. Add the seitan and the parsely.
4. Stir in the hazelnuts, the yeast flakes, the buckwheat flour and the soy sauce. Season with salt and pepper and mix well.
5. Divide the mixture into 4 portions and make flat burgers. You can give the burgers a perfect round shape by filling a metal ring with a part of the mixture and stamping the mixture with, for example, the bottom of a glass. But you can also shape the burgers by hand.
6. Cook the burgers in a little bit of olive oil, until golden brown (approx 2 minutes on each side).