vegetable patties

35 Min. | vegan | vegetarian

Zutaten 4 Personen

50 g	frozen peas
100 g	carrots
150 g	sweet potatoes
150 g	zucchini
1	onion(s)
150 g	fine, tender rolled oats
100 ml	kochendes Wasser
some	salt, pepper, and chili flakes
3 tbsp	canola oil
2	medium-sized vine tomato(es)
2 package(s)	Petrella Vegan Chives (125 g)
50 ml	oat milk
some	lemon juice
30 g	hazelnuts, chopped and toasted
30 g	sprouts

Petrella Produkte

petrella chives

vegetable patties

35 Min. | vegan | vegetarian

So wird's gemacht

1. Let the peas thaw. Peel the carrots and sweet potatoes. Finely grate the carrots. Grate the sweet potatoes and zucchini a bit more coarsely.
2. Place the zucchini pieces in a colander and let the liquid drain off.
3. Peel the onion(s) and finely dice them. Place them in a bowl with the prepared vegetables and oats, stir in the boiling water, season with salt, pepper, and chili flakes, and knead well with your hands. Then let rest for 15 minutes.
4. Next, with wet hands, form as many patties as desired, press them firmly together, and fry in a hot pan with oil until golden brown on both sides.
5. For the Petrella chive cream, wash the tomato(es), quarter them, and remove the soft inner core. Finely dice the quarters, mix with the Petrella Vegan chives, oat milk, and lemon juice, and season to taste. Serve alongside the patties, and sprinkle everything with the hazelnuts and sprouts.