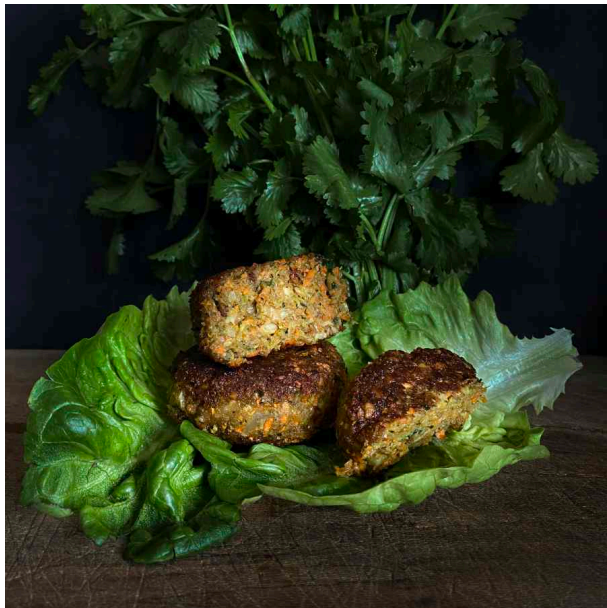


CARROT BURGERS



270 gram **onions**
100 gram **celery stalk**
500 gram **carrots**
400 gram **(old) bread**
250 gram **walnuts**
½ bunch **cilantro**
18 grams of **salt**
1 tablespoon ground **cumin**
1 tablespoon **Garam masala**
Olive oil for frying

20 pieces

Chop the onions and fry in a few tablespoons olive oil. Put the lid on the pan and sauté the onions until sweet and cooked. Let it cool down. Use a knife to grind the carrots in a food processor, but do not let them become porridge! Put in a bowl. Grind the (old) bread into breadcrumbs in the same machine, also do this with the carrots. Chop the celery stalk into short pieces with the salt, garam masala and cumin in a food processor. Add the coriander and fried onions and let it chop, do not crush it, also add this mass to the carrots. Chop the walnuts in the machine, again here; do not make too small pieces. Make sure you still recognise the walnuts in the burger.

Also put the nuts in the bowl, add 2 tablespoons oil, knead everything together well by hand and form about 20 burgers. Sprinkle 4 tablespoons of oil on a baking tray lined with silicone mat or baking paper. Put the burgers in the oil and then turn them over, so that each burger is wrapped in a film of oil.

Preheat the oven to 160 degrees and bake the burgers for about 20 minutes, then turn with a flat knife (I use a cheese slicer) and let it brown on the other side. You can keep them in the refrigerator for a few days, they can also be fried in a frying pan.

Variations

- Replace the carrot with raw beet / celery tuber or parsnip
- Add a red pepper to spice up the burger
- Instead of walnuts, use almonds or sunflower seeds
- Add garlic and / or ginger