



B.PRO

Ramen burgers

Ingredients:

200 g Ramen noodles
 2 eggs
 Salt, pepper, curry powder
 6 tbsp neutral oil
 600 g minced beef
 1 tsp soy sauce
 1 courgette
 1 aubergine
 1 red bell peppers
 3 tbsp Teriyaki sauce
 1 tsp sesame

Accessories:

Hot plate
 Ceran hob
 Griddle

Preparation:

Place the Ramen noodles in a bowl and pour in boiling water. Leave to steep for 5 mins.
 Whisk the eggs and add the noodles.
 Mix with salt, pepper and curry powder.
 Heat 2 tbsp of neutral oil on the grill and add 1/8 of the drained noodles. Shape into a round, flat bun and fry on both sides until crispy.
 Repeat to make 8 buns.
 Season the minced beef with salt, pepper and cardamom.
 Shape into four burgers and fry on both sides for approx. 5 mins.
 Wash the courgette, aubergine and pepper, de-seed if necessary and slice into strips.

Roast on the grill for approx. 5 mins, deglaze with the Teriyaki sauce and add the sesame.
 Build the burgers, starting with a Ramen roll, burger, Teriyaki vegetables and finally topping with another Ramen roll.
 Garnish with fresh coriander and sprouts.

Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

Powered by:



1748 g CO₂ per person

10 % more CO₂ than the average when preparing this recipe.

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