



Croquez
l'Outaouais!

OUTAOUAIS

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TOFU, BEET & GOAT CHEESE HAMBURGER

100% LOCAL CHALLENGE

INGREDIENTS

Hamburger

- 1 block of tofu, *La Soyarie*
- 4-5 grated beets or the equivalent of a cup, *Ferme Aux Pleines Saveurs*
- 1 small packet of seasoning (nutritional yeast, flax seeds, flour, dried dill, salt and pepper)
- 4 hamburger buns, *Grains de vie artisan bakery*

Garnish

- 4 pieces of goat cheese, *Les Folies Bergères Cheese Shop*
- 1 tomato, cut into thin slices, *Ferme Aux Pleines Saveurs*
- Greens, *Ferme Aux Pleines Saveurs*
- Arugula pesto, *Ferme HLF du Lac Simon*
- Zucchini relish, *Ferme Aux Pleines Saveurs*

Sides

- Baked delicata squash fries, *Courges & Cie*
- Greens, *Ferme Aux Pleines Saveurs*
- Sprouts, *La Défriche*
- Apple and tarragon vinaigrette, *Miss Marmelades*

PREPARATION

Delicata squash fries

1. Preheat your oven to 350 ° F.
2. Core and cut your squash into small slices of about 2 cm.
3. Place them on a baking sheet, well spaced, and coat with a little oil, salt and pepper. Place in the oven for 10 minutes, turn them over, then return them for another 10 minutes or until tender.

Hamburger

1. Meanwhile, in a bowl, grate the tofu and raw beets.
2. Add the seasoning packet and shape your meatballs, pressing lightly with your hands to remove any excess water created by the beets.
3. Brown your meatballs in a pan, with a little oil, about 2 minutes on each side. When they are golden brown, finish cooking in the oven, adding the goat cheese, about 2 minutes or until heated through.

Prepare your toppings and salad.

Toast the hamburger buns and enjoy in the sun in great company!



Aura photographie, Valerie PS

