

# Beetroot burger with a poached egg

Cuisine: **Czech**Food category: **Vegetarian dishes**Author: **Vlastimil Jaša**Company: **Retigo**

## Program steps

Preheating: 205 °C

1	Hot air	50 %	Termination by time	00:10 hh:mm	200 °C	100 %	
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## Ingredients - number of portions - 2

Name	Value	Unit
beetroot	2	pcs
full-fat mustard	15	g
garlic	7	g
thyme	2	g
oatmeal	125	g
chicken eggs	1	pcs
salt	2	g
mixed peppercorns	1	g
brioche	2	pcs
chicken eggs	2	pcs

## Nutrition and allergens

Allergens: 1, 10, 3

Minerals: , Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	266.9 kJ
Carbohydrate	44.2 g
Fat	5 g
Protein	8.8 g
Water	0.5 g

## Directions

Boil the beetroot in the program "Boiled Beetroot", peel it and finely grate it, mix with chopped oats, egg, herbs (oregano, thyme), garlic, salt, and freshly ground pepper. Work the mixture and shape it into burger patties.

Brush the patties with olive oil and grill them in the Vision Snack.

Bake the brioche (burger bun) in the program "Brioche" and fill it with the beetroot patty. Garnish to taste or according to available ingredients.

Poached eggs (two) are also prepared in the convection oven using the program "Poached Eggs."



Vision Snack