

INGREDIENTS

4 Garden Gourmet Broccoli Quinoa Miniburgers

1 bunch carrots

1 bunch fresh beets

2 cloves garlic

1 lemon

Olive oil

1 tsp rosemary

1 tsp thyme

1 tsp sage

1 tsp oregano

Some salt

A bit of pepper



2 SERVINGS



45 MIN



INTERMEDIATE

Summertime calls for a delicious traybake, so why not make it packed with colorful veggies and Garden Gourmet 99kcal Broccoli Quinoa patties? Light and perfect for sharing with your loved ones!

PREPARATION

1. Preheat and wash carrots

Preheat the oven (with hot air) to 200°. Wash the carrots (peeling is not necessary) and leave about 2 cm of foliage on the carrot.

2. Sprinkle herbs over carrots

Halve thick carrots lengthwise. Drizzle with oil on a flat dish and sprinkle with coarsely chopped rosemary, sage, oregano, thyme and chopped garlic. Toss them together and spread them on the baking sheet.

3. Sprinkle the beets with herbs

Wash and cut the beets into wedges or thicker (half) slices. Drizzle them in a bowl with oil and coarsely chopped herbs.

4. Bake the veggies in the oven

Toss together and divide between the carrots on the baking sheet. Sprinkle everything with salt and pepper, sprinkle with lemon and roast them in the oven until tender and brown.

5. Grill the 99kcal Broccoli Quinoa patties with the veggies

After about 20 minutes, divide the Garden Gourmet 99kcal Broccoli Quinoa patties next to or on top of the vegetables and bake them. If necessary, use the oven grill setting for a few more minutes for extra color.

6. Pair with tomato salad and enjoy!

Make your tomato salad of different colored tomatoes with olive oil, balsamic and basil and enjoy your colorful traybake!

Tip: Make it even more delicious with mixed salad with tomato!

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