

MINI PUMPKIN BURGER WITH ROASTED EGGPLANT

INGREDIENTS

 2 SERVINGS

 35 MIN

 EASY

2 eggplants
2 tbsp extra virgin olive oil
salt and papper
4 tbsp plant-based yogurt
1 tbsp tahini
2 tbsp pomegranate seeds
1 tbsp toasted pine nuts
1 pack Garden Gourmet Mini Pumpkin Burger
few springs of fresh mint

Delight in the flavors of autumn with our Mini Pumpkin Burger featuring roasted eggplant. This vibrant and wholesome dish combines the natural sweetness of pumpkin with the smoky richness of roasted eggplant, creating a perfect harmony of taste and texture.

PREPARATION

1. Prepare the eggplants

Preheat the oven or air fryer to 180 °C. Cut the eggplants lengthwise into quarters. Slice the eggplant flesh crosswise and drizzle with olive oil and sprinkle with salt, pepper and za-atar herbs.

2. Bake the eggplants

Place them on a baking sheet or in air fry basket and roast them in about 15 to 20 min until tender and lightly colored.

3. Mix the yogurt

Mix the yogurt with the tahini and season with salt and pepper.

4. Cook Pumpkin Mini Burger

Prepare the mini pumpkin burgers according to instructions on the package and serve with the roasted eggplant and tahini yogurt.

5. Serve and enjoy!

Sprinkle the dish with pomegranate seeds, pine nuts and coarsely chopped mint.

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