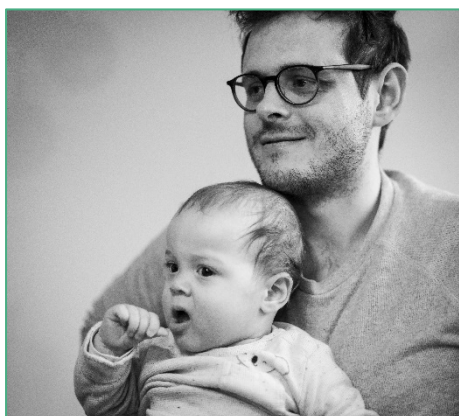


Recipe

Lupin Burger & Oat-Crusted Fries



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Jeroen, an enthusiastic home cook, has been experimenting with both lupin and oat flour. In this article, he shares his thoughts on the benefits and challenges of working with these versatile ingredients.

“Lupin flour, known for its high protein and fiber content, is ideal for adding structure to dishes. Oat flour, with its mild sweetness and soft texture, complements savory ingredients beautifully. As it is rich in starch, it also helps to create a crispy, golden crust”, Jeroen comments.

Both flours are indeed exceptionally versatile. Lupin flour excels at binding ingredients together, making it a great choice for plant-based meals, while oat flour enhances texture and adds a gentle sweetness. Additionally, both flours are naturally gluten-free, making them an excellent option for those with dietary restrictions.

“Yet, working with these flours does require some attention to moisture balance”, Jeroen continues. “Lupin flour appears to absorb liquid quite quickly, while oat flour can contribute to a crumbly texture. With the right ratios, though, both flours are easy to work with, providing a perfect blend of nutrition, flavor and versatility in the kitchen.”

Jeroen's recipe for Lupin flour burgers & Oat crusted fries

Ingredients for the burgers:

- 2 zucchini, julienned
- 1 small chili pepper, finely chopped
- 2 cloves of garlic, minced
- Fresh parsley, chopped
- Salt, to taste
- 150g lupin flour
- A pinch of baking powder
- 50g chia seeds
- Smoked paprika powder, to taste

Ingredients for the fries:

- Sweet potatoes, cut into fries
- Sunflower oil
- Oat flour
- Salt and pepper, to taste

Instructions:

1. Prepare the sweet potato fries. Preheat the oven to 200°C. Toss the sweet potato fries in sunflower oil, oat flour, salt and pepper until evenly coated. Spread them on a baking tray in a single layer and bake for 25-30

- minutes, turning halfway through, until golden and crispy.
2. Make the burger mixture. In a large bowl, combine the julienned zucchini, chili pepper, garlic, parsley and a pinch of salt. Add the lupin flour, baking powder, chia seeds and smoked paprika powder. Stir to combine. If the mixture feels too dry and isn't sticking together, add water, once tablespoon at a time, until it forms a sticky dough.
3. Shape and cook the burgers. Divide the mixture into equal portions and shape them into burger patties. Heat a little sunflower oil in a frying pan over medium heat. Cook the burgers for 3-4 minutes on each side, or until golden and cooked through.
4. Serve. Serve the veggie burgers with the crispy sweet potato fries and any toppings or sauces of your choice, for added flavor, try avocado, tomato or a spicy mayo!

About CROPDIVA

CROPDIVA wants to put 6 underused arable crops back in the fields: oats, hull-less barley for human consumption, triticale, buckwheat, faba beans and lupins. 27 European partners are joining forces to enhance agrobiodiversity in Europe. They will achieve this by focusing on crop diversity and creating local value chains. The project is running from September 2021 to August 2025.



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