

Italian veal burger, fresh mozzarella, sundried tomatoes and arugula salad

Recipe for 4 persons



Description

Original burger made with ground veal meat and topped with slices of fresh mozzarella and a olive and sun-dried tomato mayonnaise and served with a salad of arugula with pine nuts and Parmesan shavings.

Note

You can make this recipe on your BBQ for extra flavor.

Ingredients

For the burger

- 4 Unit(s) Burger bun
- 600 Gr Ground veal
- 1 Unit(s) Fresh mozzarella
- 3 Sprig(s) Basil
- 1 Unit(s) Shallot
- 8 Unit(s) Sundried tomatoes
- 16 Unit(s) Pitted kalamata olives
- 1 Handful(s) Arugula salad
- 1 Unit(s) Egg
- 15 Ml Dijon mustard
- 60 Ml Vegetable oil

- Vegetable oil
- Salt and pepper

For the arugula salad

- 4 Handful(s) Arugula salad
- 30 Gr Pine nuts
- 12 Unit(s) Cherry tomatoes
- 60 Gr Parmigiano reggiano
- 30 Ml Balsamic vinegar
- 60 Ml Olive oil

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

General preparation

Finely mince the shallots and sliced the basil, the sundried tomatoes and olives. Slice the mozzarella ball. Use a vegetable peeler to get parmesan shavings. Cut the cherry tomatoes in half.

Burger preparation

Mix shallot, half of the sundried tomatoes with ground veal, salt and pepper. Form 4 patties flatten them up. Brown in a nonstick skillet with a drizzle of olive oil and transfer them in the oven on a baking sheet for about 8-10 minutes. Open the burger buns in half and divide the slices of mozzarella on the bottom half. Toast them in the oven on a baking sheet a few minutes.

Olive and sundried tomato mayo preparation

In a bowl, whisk the egg yolk with the Dijon mustard and lemon juice. Add in the vegetable oil in a drizzle, while whisking constantly until you get a stiff mayonnaise consistency. Season with salt and pepper. Mix the mayonnaise with the remaining sundried tomatoes as well as the olives.

Arugula salad preparation

Prepare the vinaigrette by mixing the salt, pepper, vinegar and olive oil. Toast the pine nuts, then mix them with the arugula and some dressing.

To serve

To assemble the burgers: put the veal steak on the basis of the burger, add the arugula and mayonnaise, then place the other half bun. Press lightly. Serve the burgers with the arugula salad decorated with some cherry tomatoes and parmesan shavings.

Bon appétit!