

Spiced Lentil Burger with Cabbage Slaw



Not your typical veggie burger! This one is packed full of protein, nutrition and flavour.

Ingredients

- 1 onion, diced
- 2 cups mushrooms, chopped
- 3 portions of frozen spinach, thawed and excess water squeezed out
- 400 g canned lentils, drained, rinsed and pat dry
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 cup cooked quinoa and brown rice
- 1 egg
- 4 wholemeal burger buns
- Coleslaw:
 - 1/4 red cabbage, shredded
 - 1 apple, grated

2 spring onions, finely sliced
2 tbsp apple cider vinegar
1/2 tsp salt
4 tbsp extra virgin olive oil

Method:

1. In a pan, drizzle some olive oil over medium heat. Add the onion and saute until softened. Add the mushrooms and cook for a further 4-5 minutes. When the mushrooms are brown and tender add the spinach, 1 cup of lentils, cumin, smoked paprika and cook until all the excess water has evaporated, making sure you have a dry mixture. Take off heat and set aside to cool.
2. Place the mushrooms and spinach mix in a food processor and pulse until you have a rough mash. Transfer to a mixing bowl, stir in the remaining whole lentils, the quinoa and rice and egg until you have a cohesive mixture.
3. Divide and shape the mixture into 4 patties.
4. Heat a fry pan over medium high heat, drizzle some olive oil and cook patties until both sides are golden brown.
5. To make the coleslaw, add the cabbage, apple, spring onions, vinegar, salt and olive oil in a large bowl. Toss to combine.
6. Assemble the burgers by layering the coleslaw on the base and topping with the lentil patties and your choice of mustard, mayonnaise or tomato sauce.