






LENTIL BURGERS

Try these tasty Lentil Burgers, perfect for a meatless meal.

 30 minutes
 1 hour
 12 portions

INGREDIENTS

- 1 cup of lentils, raw [192 g]
- 2 servings [8 fl oz] of beverages, water, tap, well [474 g]
- 1 level teaspoon of salt [5 g]
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 200 grams of onion, raw
- 100 grams of lemon juice, raw
- 200 grams of spinach, baby, raw
- 3 cloves of garlic, raw [9 g]
- 1 level teaspoon of pepper, black [2 g]
- 1 tablespoon of cumin seeds [12 g]
- 100 grams of bread, crumbs, dry, grated, seasoned
- 100 grams of nuts, walnuts, English or Persian, dried
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 6 rolls of rolls, hamburger or hotdog, mixed-grain [258 g]

COOKING METHOD

- 1° Add the lentils to the water and salt, boil the lentils for 30 minutes until soft. Drain.
- 2° Heat up the oil in a pan. Add the diced onion, lemon juice, garlic, pepper and spinach leaves. Cook until soft. Add the lentils and spinach mixture to a blender. Add the walnuts and blend together. Should make a smooth mixture. Form into 6 large or 12 small patties, chill.
- 3° Heat up the second measure of olive oil and cook the patties. Heat up the burger buns, add plenty of fresh salad of your choice. Add the patties, yum!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [141 g]	% DRI
ENERGY	171 kcal	242 kcal	12 %
FAT	8 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	7 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	318 mg	448 mg	19 %
CARBOHYDRATE	21 g	29 g	10 %
SUGARS	2 g	3 g	—
FIBER	3 g	4 g	17 %
PROTEIN	7 g	9 g	—