



Mushroom Lentil Burgers

4 servings

30 minutes

Ingredients

- 1 1/3 tps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1 3/4 cups Portobello Mushroom (diced)
- 1 1/3 Garlic (cloves, minced)
- 1/3 cup Walnuts (chopped and toasted)
- 1 cup Green Lentils (cooked, drained, rinsed and divided)
- 1 tsp Tabasco Sauce
- 1/2 tsp Paprika
- 2/3 tsp Chilli Powder
- 1/3 cup Almond Flour
- 2 1/3 tbsps Parsley (chopped)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	213
Fat	13g
Saturated	1g
Carbs	18g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	103mg

Directions

- 1 Heat olive oil in a large pan over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
- 2 In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chilli powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
- 3 Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of baking paper.
- 4 Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
- 5 Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

- More Carbs**, Serve it on a gluten-free bun or in a wrap (additional calories will apply)
- Keep it Light**, Serve on a bed of greens or collard green wraps.
- Extra Flavour**, Brush the patties with clean BBQ sauce while grilling.
- No BBQ**, Preheat oven to 190°C and bake the patties for 15 to 20 minutes per side.
- Toppings**, Sprouts, avocado, tomato, goat cheese, feta cheese, mustard or greens - Additional calories will apply.