



## 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	—