

Lentil & Carrot Veggie Burgers

Ingredients

- ½ cup Onion, finely diced
- ½ cup Carrot, grated
- ½ cups Lentils
- 500ml Water
- 1 tbsp Fresh Parsley, chopped
- 1½ tbsp Tomato Paste
- ½ cup Breadcrumbs
- 1 tsp Salt
- 1 Clove of Garlic
- 50ml Oil
- ½ tsp Pepper



Method

1. Place lentils and water in a small saucepan, bring to the boil and simmer for minutes.
2. Strain lentils and allow to cool, when cool enough squeeze any excess water from the lentils.
3. In a large mixing bowl place onion, carrot, garlic, parsley, tomato paste, salt, pepper and HALF THE BREADCRUMBS.
4. Now add the lentils to the other ingredients mix well, and then portion the mixture into rissole shapes and coat burgers with the remaining breadcrumbs.
5. Heat oil in a frying pan, when hot place burgers in frying pan and cook until brown on both sides.
6. When cooked place burgers on paper towel.
7. Burgers can be served in bread with lettuce, tomato and salad dressing.

Notes

- Garlic: 1 Clove Fresh Garlic –
1 tsp Crushed Garlic