

Lentil Burgers

Ingredients

200g red lentils

A vegetable stock cube

1 small onion chopped finely

½ green pepper chopped finely

2-3 mushrooms chopped finely

Teaspoon of curry powder

Dash of tabasco sauce (optional)

1tsp tamari

Salt & Pepper

Wholemeal breadcrumbs

Method

1. Place lentils in a heavy bottom pan and just cover with water, crumble the stock cube over and cook till mushy (like dahl)
2. Either cook the chopped vegetables in another pan or microwave in a bowl till softened. Add to the lentils with curry powder, tamari & tabasco. Salt & Pepper to taste
3. Remove from the heat and add enough breadcrumbs to make the mixture stiff enough to form into patties
4. When it is cool enough to handle with floured hands make patties (approx. 8cm wide) and set aside on a baking sheet.
5. Cook in a moderate oven for 20 minutes

Serving suggestion: serve with salad and hummus or tahini in a bun.

Note: This is the original recipe from my sister. I often use the food processor to chop the vegetables and include any small amounts left over in the fridge e.g. carrot, cauliflower, celery, broccoli etc.