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Lentil Burger recipe

Ingredients & Quantities

- 40g of chopped Onions
- 70g of cooked Lentils
- 70g of cooked Peas
- 60g of grated Carrots
- 3/4tbspn of Parsley
- Curry Powder to taste
- 140g of Wholemeal Breadcrumbs
- 1 Egg
- 40g of Wholemeal Flour

Method

1. Heat a little oil in a frying panand saute the onions for about 5 minutes until soft.
2. Mix all the other ingredients together, except the flour, in a bowl, adding sufficient beaten egg to bind the mixture. Leave to cool.
3. When cool, form in to burger shapes and dust with flour.
4. Fry the burgers in oil until evenly browned.