



## SPICED LENTIL BURGER WITH CABBAGE SLAW

Not your typical veggie burger! This one is packed full of protein, nutrition and flavour.









NODMAN

15 MIN

5 MINS

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## **Ingredients**

- 1 onion, diced
- 2 cups mushrooms, chopped
- 3 portions of frozen spinach, thawed and excess water squeezed out
- 400 g canned lentils, drained, rinsed and pat dry
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 cup cooked quinoa and brown rice
- legg
- 4 wholemeal burger buns

## Coleslaw:

- 1/4 red cabbage, shredded
- 1 apple, grated
- 2 spring onions, finely sliced
- 2 tbsp apple cider vinegar
- 1/2 tsp salt
- 4 tbsp extra virgin olive oil

## Instructions

- 1. In a pan, drizzle some olive oil over medium heat. Add the onion and saute until softened. Add the mushrooms and cook for a further 4-5 minutes. When the mushrooms are brown and tender add the spinach, 1 cup of lentils, cumin, smoked paprika and cook until all the excess water has evaporated, making sure you have a dry mixture. Take off heat and set aside to cool.
- 2. Place the mushrooms and spinach mix in a food processor and pulse until you have a rough mash. Transfer to a mixing bowl, stir in the remaining whole lentils, the quinoa and rice and egg until you have a cohesive mixture.
- 3. Divide and shape the mixture into 4 patties.
- 4. Heat a fry pan over medium high heat, drizzle some olive oil and cook patties until both sides are golden brown.
- 5. To make the coleslaw, add the cabbage, apple, spring onions, vinegar, salt and olive oil in a large bowl. Toss to combine.
- 6. Assemble the burgers by layering the coleslaw on the base and topping with the lentil patties and your choice of mustard, mayonnaise or tomato sauce.