PLANT-BASED RECIPES · Nº 01

Lentil burgers

01

#high-protein #plant-based #freezer-friendly



SOAK 2 H

PAN 7 MIN / BATCH

INGREDIENTS

- [ ] Dried lentils (2 cups)
- [ ] Onion (1 big)
- [ ] Garlic (2 cloves)
- [ ] Tomato sauce (optional)
- [ ] Soy sauce
- [ ] Lemon
- [ ] Carrot (1 big / 2 small)

Before you start: *Soak the lentils for a couple of hours, but don't boil them.*

✂ CUT & KEEP

STEPS

1. **Blend the lentils.** Place the 2 cups of soaked and drained lentils in a blender.
2. **Sauté the vegetables.** Finely chop the onion, garlic, and carrot. Add them to a pan with a bit of olive oil and salt. Sauté for a few minutes, stirring constantly, until the vegetables are tender.
3. **Add flavorings to the blender.** Add the tomato sauce, soy sauce, lemon juice, and salt to the blender.
4. **Combine everything.** Finally, add the sautéed vegetables to the blender. Blend for a few seconds. Add 3 tablespoons of water and blend again until the mixture has a hummus-like consistency.
5. **Cook the burgers.** Heat a pan with a little oil. Once hot, add spoonfuls of the mixture to form the croquettes, leaving space between each one to make flipping easier. Cover the pan and cook over medium heat for about 5 minutes.
6. **Flip and finish cooking.** Use a spatula to flip each burger and cook for another 2 minutes.
7. **Serve and enjoy.** Repeat with the remaining mixture and serve with salad, vegetables, or any sides you like.



MY NOTES