Lentil Patty 'Burger'

Makes 4 patties

Lentils are a tasty staple in any diet. They are so versatile and are bursting with health-giving nutrients. Lentils are high in protein so are a great meat alternative, they are naturally low in fat and are full of that all-important fibre to support healthy gut bacteria!

Lentils provide fantastic amounts of all the B vitamins, folate, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese. They also contain important plant Phytochemicals that have been proven as beneficial against chronic diseases such as heart disease and type 2 diabetes, Polyphenols, in particular, have strong antioxidant, anti-inflammatory, anti-cancer and neuroprotective benefits.

Difficulty Level: Easy
Prep Time: 5 minutes
Cook Time: 40 minutes
Total Time: 45 minutes

INGREDIENTS

- ¼ cup fresh herbs such as coriander and parsley, finely chopped
- 1 x 400g can brown lentils, well rinsed and drained
- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 1 egg, lightly beaten (or flax eggs)
- ½ tsp ground cumin
- ½ cup breadcrumbs or almond meal

HOW TO MAKE

1. Roughly pulse all the ingredients together in a food processor.
2. Take about 1 heaped dessert spoon and shape into patties.
3. Pan fry with coconut oil for 4-5 minutes on each side until nicely browned.

HOW TO SERVE

Place 1 patty in a lightly toasted bun, layer with lettuce, tomato, ZENZO Mayo or Aioli and slices of your favourite ZENZO cheese - delicious!