

# Lentil Burgers

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*These lentil burgers are packed full of protein. Grill them, BBQ them or bake them, then serve on wholemeal rolls with tomato ketchup, a slice of cheese and some salad for a delicious twist on the traditional beef burger.*

## Ingredients:

1 x 400g tin cooked lentils, drained  
1 carrot  
1 small onion  
1/2 green pepper  
450g spicy salsa  
100g dried breadcrumbs  
4 tbsp. flour  
Salt and pepper to taste  
1 tsp. chill powder

## Directions:

1. Grate the carrot and place into a bowl with a bit of water. Cover with cling, then microwave for 3-4 minutes until soft. Drain.
2. Finely dice the onion and the pepper. Mash the carrot and lentils in a bowl, then stir in the onion, pepper, salsa, breadcrumbs, flour, salt, pepper and chilli powder. Form the mixture into 8 patties.
3. Fry in oil until golden brown and firm on all sides, or BBQ or bake, whichever you prefer.

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