



Lentil, Courgette & Thyme Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



7

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 235 g green lentils cooked
- ☐ 1 medium courgette grated
- ☐ 3 sprigs thyme leaves dried fresh
- ☐ 100 g vegetarian mince frozen (soya)
- ☐ 1 tbsp rapeseed oil
- ☐ 1 bell pepper diced red finely
- ☐ 7 servings grinding of salt and pepper good
- ☐ 1 tbsp soya sauce

- ☐ 6 spring onion finely sliced
- ☐ 3 tbsp chilli sauce sweet (you could use tomato puree)
- ☐ 2 tbsp tahini
- ☐ 2 slices wholemeal bread

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wok

Directions

- ☐ Heat oil in a wok or large frying pan and add the spring onions. Toss in the oil for a few seconds.
- ☐ Add the pepper and cook for a few seconds more than add the courgette. Cook until the courgette starts to soften.
- ☐ Add the veggie mince and breadcrumbs and stir well. The mince and breadcrumbs will absorb the moisture from the courgette, which will prevent your ingredients from being too wet.
- ☐ Now add the lentils, chilli sauce, and soy sauce and mix well. Cook for a few minutes, so the veggie mince has a chance to cook through.
- ☐ Add the tahini and season well. You will feel the mixture starting to come together.
- ☐ Put the mixture in a large bowl and leave to cool. Once it is cool enough to handle, shape into 7 balls, with floured hands, then gently squeeze into patties.
- ☐ Chill the burgers until you are ready to cook them. They will hold shape better if they are chilled for a while.
- ☐ Bake, griddle or fry the burgers. I fried mine a little rapeseed oil for a few minutes on each side until browned.
- ☐ Serve on toasted burger buns with your choice of toppings. Go easy on the mustard!!
- ☐ Enjoy!

Nutrition Facts



 **PROTEIN 21.01%**  **FAT 31.3%**  **CARBS 47.69%**

Properties

Glycemic Index:27.62, Glycemic Load:3.76, Inflammation Score:-8, Nutrition Score:13.963043554969%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 152.52kcal (7.63%), Fat: 5.54g (8.52%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 13.85g (5.04%), Sugar: 6.3g (7%), Cholesterol: 0mg (0%), Sodium: 514.26mg (22.36%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.36g (16.73%), Vitamin C: 29.6mg (35.88%), Vitamin K: 33.3µg (31.71%), Vitamin B1: 0.36mg (24.2%), Manganese: 0.47mg (23.44%), Folate: 91.08µg (22.77%), Fiber: 5.13g (20.53%), Vitamin B12: 1.19µg (19.76%), Iron: 3.18mg (17.65%), Phosphorus: 163.03mg (16.3%), Vitamin B3: 3.08mg (15.39%), Vitamin B6: 0.31mg (15.33%), Vitamin A: 712.9IU (14.26%), Copper: 0.2mg (10.25%), Potassium: 336.87mg (9.62%), Magnesium: 33.43mg (8.36%), Zinc: 1.13mg (7.55%), Vitamin B2: 0.12mg (7.33%), Selenium: 4.65µg (6.65%), Vitamin E: 0.82mg (5.47%), Calcium: 47.27mg (4.73%), Vitamin B5: 0.4mg (3.97%)