



# healthyfood@sport

## Quick and Easy Lentil Burgers Recipe

### Ingredients

Serves	4	8
cold mashed potato	1 cup	2 cups
400g canned brown lentils, rinsed, drained	1 can	2 cans
mild Indian curry paste	1 tbsp	2 tbsp
spring onions thinly sliced	4	8
egg	1	2
dry breadcrumbs	1/2 cup	1 cup
canola/olive oil	1 tbsp	2 tbsp
wholemeal buns	4	8
tomato, sliced	1	2
lettuce, shredded	2 cups	4 cups
<b>Dressing:</b>		
low-fat plain yoghurt	1/2 cup	1 cup
lemon juice	1/4 cup	1/2 cup
tahini	2 tbsp	4 tbsp



### Method:

**Burgers:** Place the mashed potato, lentils, curry paste, spring onion, egg and breadcrumbs in a large bowl and season with pepper if desired. Stir until combined. Divide the mixture into 4 patties, using additional breadcrumbs to help shape the patties. Heat the oil in a large frypan over medium heat and cook the patties for 2-3 minutes each side or until golden and warmed through. Place one lentil burger on a bread roll, followed by lettuce, tomato and dressing.

**Dressing:** Place the yoghurt, lemon juice and tahini in a small bowl and stir to combine. Season with pepper if desired.

**Variation:** Add a slice of reduce fat cheese if desired, or any extra vegetables of your choice (e.g. beetroot, grated carrot). You could also replace the lentil burger with a meat burger of your choice and add extra salad to make a healthy meat and vegetable burger.

**Food group serves:** 2 serves vegetables, 1 meat and alternative serve and 1.5 serves breads and cereals.

**\*Cost:** \$2.08 approx. for ingredients

*Recipe sourced from Taste.com.au and modified by Nutrition Australia*

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