

nourish

Lentil Burgers

2 teaspoons of oil
1 medium onion, finely diced
½ cup celery, finely chopped
½ cup carrot, grated
1 can brown lentils
2 cups cooked brown rice
1 cup dry breadcrumbs
2 tablespoons peanut butter
2 tablespoons tomato paste
½ teaspoon mixed herbs
½ teaspoon dried basil
Pinch salt
2 eggs, lightly beaten
1 cup dry breadcrumbs (extra)
2 tablespoons oil

1. Heat oil in a frying pan and sauté onion until soft. Add celery and sauté for 2 minutes.
2. Remove from heat and transfer onion and celery to a large bowl. Add remaining ingredients, except extra oil and extra breadcrumbs. Mix well.
3. Using ¼ cup measure, shape mixture into 14 burgers. Coat in extra breadcrumbs.
4. Heat extra oil in a non-stick fry pan and cook burgers until golden on both sides.
5. Serve on a bun with salad of choice, garlic aioli and beetroot relish.

To make **Middle Eastern flavoured burgers**, omit herbs, celery, tomato paste and 1 tablespoon peanut butter and add 1 tablespoon ground cumin and 2 cloves crushed garlic with the onion in step 1. Season to taste.

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Garlic Aioli

¼ cup mayonnaise

¼ cup low fat natural yogurt

1 small clove garlic

1. Combine ingredients in a small bowl and mix well to combine.

Beetroot Relish

440g can (or 300g cooked) beetroot, drained and chopped

¼ cup brown sugar

¼ cup red or white wine vinegar

1. Combine ingredients in a small saucepan. Bring to the boil. Reduce heat and simmer for ten minutes, until reduced.