Lentil Burgers

Serves: 6
Prep time: 15 minutes
Cook time: 20 minutes

2 serves per portion

Ingredients
600g sweet potato, peeled and chopped
½ red onion, finely chopped
2 cloves garlic, crushed
1 teaspoon chilli paste
1 tablespoon olive oil plus extra for frying
400g can lentils, drained
1 cup baby spinach leaves, washed, finely sliced
⅓ cup almond meal
½ lime, zested
Cracked black pepper to taste
100g feta, crumbled
50g parmesan cheese, grated
1 egg
200g fresh breadcrumbs

Method
BOIL sweet potato until soft, mash and leave to cool slightly.
SAUTE onion, garlic and chilli in olive oil until just transparent. until smooth.
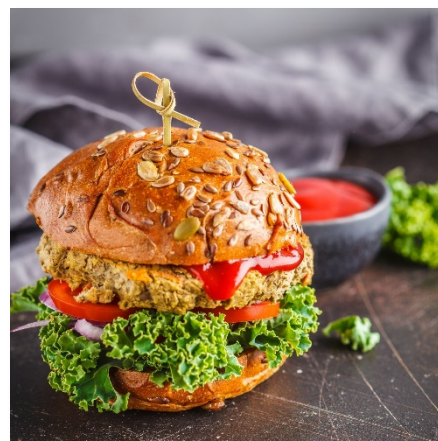ADD lentils, spinach, almond meal, lime, pepper and cheeses, mixing well.
STIR through egg to combine.
ROLL handful of mixture into balls and coat with breadcrumbs.
HEAT pan over medium heat, add oil and fry each patty turning when golden brown.
PLACE patties in oven to keep warm as they are cooked.
SERVE with tomato chutney and natural yoghurt.

Courtesy of Fiona McKenzie, Brisbane City Nights Branch

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