



## VEGGIE LENTIL BURGERS WITH AVOCADO



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Preparation 30 mins + chilling time | Cooking 12 mins | Makes 6

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, chopped
- 400g can brown lentils, drained and rinsed
- ½ cup panko breadcrumbs
- 1 free-range egg
- ½ cup flat-leaf parsley leaves
- 200g carrots, grated
- 200g zucchini, grated and squeezed to remove excess liquid
- 2 medium ripe avocados
- 1 tbs lime juice
- 6 wholegrain buns, halved
- 1 ½ cups finely shredded red cabbage
- 2 ripe tomatoes, sliced

**STEP 1** To make veggie lentil patties, heat 1 tbs oil in a large frying pan over medium heat. Add onion and garlic and cook, stirring occasionally, for 4-5 minutes until tender. Set aside to cool slightly. Place onion mixture, lentils, breadcrumbs, egg and parsley into a food processor. Season with salt and pepper. Pulse until just combined. Add carrot and zucchini and pulse for 2-3 seconds until combined. Form mixture into 6 patties. Place onto a plate, cover and refrigerate for 1 hour.

**STEP 2** Heat remaining 1 tbs oil in a large frying pan over medium heat. Cook the patties for 5-6 minutes on each side or until golden brown. Drain on paper towel.

**STEP 3** Scoop avocado flesh into a bowl. Add the lime juice and roughly mash with a fork.

**STEP 4** Toast the buns. Spread the cut side of the toasted buns with avocado. Top with cabbage and tomato. Top each with a patty. Sandwich with the bun tops and serve.