



Super veggie burgers

30'
Hands on

20'
Cook Time

4
Portion(s)

2
Difficulty



Method

For the burgers

- Prepare the [lentils](#) and [bulgur wheat](#) first.
- When ready, set them aside to cool and prepare the vegetables.
- Place a non stick pan over high heat and add a little bit of olive oil.
- Add the onion, leek, garlic and celery.
- Add a pinch of sugar and season with salt and pepper.
- Stir and sauté until they caramelize nicely.
- Transfer to a bowl and set aside until needed.
- Place the same pan over high heat with some olive oil.
- Add the mushrooms and sauté for 7-10 minutes, until they dry out and turn golden.
- Season with salt and pepper.
- Transfer to your bowl with the rest of the vegetables.
- In a food processor add the bread slices and cashews. Beat until they break down.
- Add the vegetables and beat again.
- Add the prepared bulgur wheat, the boiled lentils, the avocado, fresh thyme, salt, pepper, olive oil and lemon zest.
- Beat again JUST to combine. Do not overbeat; you don't want to puree it! You may need to do this in 2 batches.
- Transfer to a bowl and continue mixing by hand.
- Shape the mixture in to patties (120-150 g).
- Place a nonstick pan over medium to high heat.
- Add a small amount of olive oil.
- Add the veggie burgers and cook for about 4 minutes on each side, until they are crunchy and golden.

For the avocado spread

- Cut a very ripe avocado in half.
- Scoop out the flesh and add it to a small blender or food processor.
- Add olive oil, lime juice, garlic, salt and pepper.
- Beat until the mixture is smooth and creamy. Your tasty avocado spread is ready.
- Serve these super veggie burgers on soft hamburger buns, with the avocado spread, tomato slices, and lettuce!

Ingredients

For the burgers

- 350 g lentils, boiled
- 350 g bulgur wheat, prepared
- 1 onion, finely chopped
- 1 leek, thinly sliced
- 2 sprig(s) celery, thinly sliced
- 2 clove(s) of garlic, minced
- 1 pinch granulated sugar
- salt
- pepper
- olive oil, for pan
- 2 tablespoon(s) olive oil, for burgers
- 500 g champignon mushrooms, thinly sliced
- 160 g [sandwich bread](#)
- 140 g cashews
- 1 avocado(s), ripe
- 15 g thyme, fresh
- lemon zest, of 1 lemon

For the avocado spread

- 1 avocado(s)
- 50 ml olive oil
- lime juice, of 1 lime
- 1/4 clove(s) of garlic
- salt
- pepper

To serve

- [burger buns](#)
- slices tomato
- lettuce

Διατροφικός πίνακας

Nutrition information per portion

999 Calories (kcal)	68.0 Total Fat (g)	11.0 Saturated Fat (g)	65.0 Total Carbs (g)
50%	97%	55%	25%
8.2 Sugars (g)	27.0 Protein (g)	13.0 Fibre (g)	0.62 Sodium (g)
9%	54%	52%	10%