



SWEET POTATO, QUINOA AND LENTIL BURGERS

ReFuel winter 2018

Courtesy of: Joel Feren



Ingredients:

- 2 sweet potatoes
- 400g of tinned lentils (strained & dried)
- 1 tsp of chilli flakes
- ½ tsp of dried cumin, oregano and crushed coriander seeds)
- 1 clove of garlic, finely chopped
- ½ cup quinoa+ 1 cup of water
- 1 handful of chopped parsley
- ½ onion, finely sliced
- 1 egg, gently beaten
- Extra virgin olive oil~ 1 tbpn

Nutrition Information

Makes 12 burgers.

Nutrient	Per serve
Energy	540 kJ
Protein	5.8 g
Fat	2.5 g
Carbohydrate	18.3 g
Sugars	4.6 g
Fibre	4.4 g

Method:

1. Dice the sweet potato, boil until soft and mash
2. Cook quinoa in 1 pot of boiling water–quinoa should appear soft and fluffy, with all water absorbed
3. In a separate bowl, add all ingredients together and mix with your hands (or fork)
4. Set aside in the fridge for 30 minutes
5. Shape into burgers and lightly pan fry in extra virgin olive until golden brown
6. Choose a whole grain roll and bulk with avocado, tomato, grated carrot, beetroot, cheese, hummus or relish!



HOT TIPS

These burgers are very versatile, instead of lentils you can use whatever canned beans/ legumes you have lying around the pantry to clear out those cupboards!