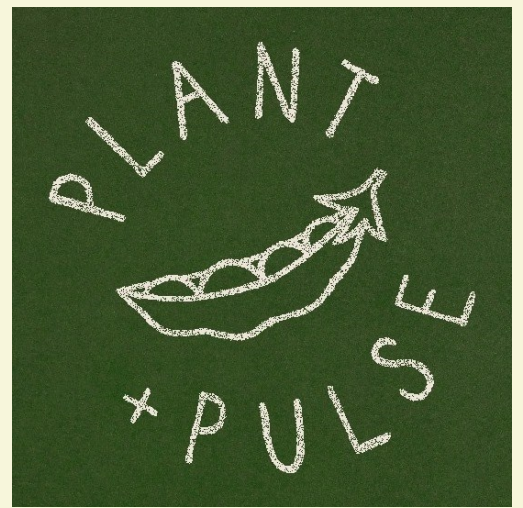


PLANT-BASED BURGER



Makes 4-6 burgers depending on size

1 cup lentils

120g grated carrot

1 garlic clove finely grated

40g miso paste

1 1/2 tsp smoked paprika

1 tbsp rapeseed/veg oil

70g rice flour - we use rice flour but plain flour also works

salt and pepper

- Cook lentils in seasoned water until well done (starting to break down)
- Drain them well (leave to sit for a few mins)
- Mix all other ingredients together, then add lentils and crush together with your hands.
- Put them in the fridge to cool down for at least 30 mins, then shape into patties with your hands. Put back into fridge until you are ready to cook.

Burger Sauce - makes plenty for 6 burgers

1 cup vegan mayo (there are loads of simple recipes online to make your own too)

1 tbsp ketchup

1 tsp yellow mustard

1 pinch of smoked paprika

1 pinch of garlic powder

1 pinch of onion powder

chili powder to taste

- Mix everything together. If you like a bit more kick then up the mustard!

So to cook the burger, please use a pan or flat plate ... don't try to cook on a grill as the burger will break apart! Get your pan or flat plate hot, apply plenty of either rapeseed oil, coconut oil, or any other oil with a high burning point. Place your burgers in the hot oil, and leave for at least 2 mins. Do not be tempted to turn as you need to get a nice seal on the bottom. After two mins, flip over. You can then cook for however long you would like. The advantage of it being just lentils, is that you can eat it raw if you really want. So no worries of any raw meat etc. We personally would also melt some 'cheese' over the burger for the last min in the pan. We would also try and toast our burger buns on the fire, and then assemble, using the burger sauce, kale and some finely chopped white onion on the base, then the burger, then some gherkins and a bit more burger sauce on top. The one in the picture also has tempeh on it, which is a amazing alternative to bacon! (and made locally in Brum).



BIG
BRUMMIE