



BEEF AND LENTIL BURGERS (SERVES 4)

INGREDIENTS

400g can brown or red lentils
(rinsed and drained)

500g beef mince

1 onion (finely chopped)

1 carrot (grated)

1 egg

1/4 cup dry breadcrumbs

2 teaspoons mixed herbs

1 tablespoon oil (not provided)

Salt & pepper to taste (not provided)

UTENSILS

Large frying pan

Grater

Chopping board

Measuring cup or jug

Colander

Large bowl

Teaspoon

Knife

Tablespoon

Spatula

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OPTIONS

To add an extra serve of vegetables to your meal you could finely chop/grate and add a zucchini.

Recipe can be served as burgers with;

- Ripe tomatoes (sliced)
- Beetroot (sliced)
- Whole meal rolls and
- Lettuce or baby spinach

METHOD

1. Place the lentils, mince, onion, carrot, egg, breadcrumbs and mixed dry herbs into a large bowl. Combine the mixture with your hands and form in to 4 to 8 burger patties.
2. Heat oil in a large frying pan and cook burgers over medium heat for 5 minutes each side until cooked through.
3. Serve with vegetables/salad of your choice or as a burger.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au