

Red lentil burger



For approx.. 10 pieces:

- 1 cup red lentils
- 3 tablespoons chickpea flour
- 1 large carrot
- 1 large onion
- 1 bell pepper
- a handful (frozen) peas
- a handful olives, finely chopped
- 2-3 garlic cloves, mashed
- 2 tablespoons seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
- 1 tablespoon mint (fresh or dried)
- 2 bay leaves
- salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves in 1 1/2 cup water. Check from time to time that they don't stick to the bottom of the pan. When the lentils are cooked the water should be completely absorbed. Remove the bay leaves and allow it to cool.

Process the carrot, onion, bell pepper and mint using a food processor (or finely grate or chop them).

Mix all ingredients. Form the burgers and bake them in oven at medium heat (175 C) for 20-30 minutes.

Cut the burger bun in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or [garlic sauce](#), to taste.

Variation: you can add fresh chili / chili powder to the mixture.

Couscous vegetable burger



Couscous vegetable burger

For 10 pieces:

1/2 cup couscous
300 g (10,5 oz) potatoes, cooked and mashed
1 zucchini, grated
3 carrots, finally grated
1/2 cup sweet corn (canned)
1 cup frozen peas
1 large onion, grated
5 cloves of garlic, mashed
a pinch of cumin powder
2 teaspoons rosemary
1 teaspoon thyme
2 teaspoons paprika powder

fresh chili pepper / chili flakes, to taste (optional)
salt and pepper, to taste

Prepare couscous according to package directions. Allow to cool.

Mix all ingredients until you get a paste.



Couscous vegetable burger

Divide the mixture into 10 equal parts. Form balls and then press between your hands about approx. 1,5-2 cm. thick (0,5 inch).



Couscous vegetable burger

Fry the burgers in a little bit of oil, about 5 minutes on each side.



Couscous vegetable burger

You can also bake them in the oven, on medium heat, for about 15 minutes on each side.

Cut the burger bun in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or [garlic sauce](#), to taste.

Soy burgers



Soy burger

For 3 burgers:

50 g soy granules

150 ml water

2 tablespoons soy flour

1 tablespoon soy sauce
2 garlic cloves, diced
2 tablespoons ketchup (or tomato puree)
1 $\frac{1}{2}$ teaspoon cumin powder
1 teaspoon coriander powder
1 teaspoon paprika powder
1 teaspoon onion powder (or a small onion chopped very fine)
1 teaspoon locust bean gum
salt and pepper, to taste

Soak the soy granules in 150 ml water for 10 minutes (or as indicated on the package).

Mix all the ingredients by hand, stirring until you get a paste. Let it rest in the refrigerator for at least an hour so the soy will take the flavor of the spices .

Form in 3 patties, wetting the hands in water to prevent sticking.



Soy burger

Brush the burgers with a little bit of oil and grill them 4-5 minutes on each side (or they can be dusted with a little flour and fried in hot oil).

Cut the roll in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or garlic sauce to taste.



Soy burger