



FEB
2017

Curried Lentil Burgers

with Cucumber Salad and Roasted Potato Wedges

This meat-free burger is delicious in its own right – healthy lentils, spicy curry powder and carrots make the flavour irresistibly exotic!



Green Lentils



Brioche Buns



Mini Yukon Potatoes



Cucumber



Carrot



Onion



Panko Breadcrumbs



Sri Lankan Spice Blend



Flaxmeal




Cilantro



Yogurt

Ingredients

		2 People	
Green Lentils, canned		1 can	
Brioche Buns	1) 2)	2	
Mini Yukon Potatoes		1 pkg (340 g)	
Cucumber		1	
Carrot, chopped		1 pkg (85 g)	
Onion, chopped		1 pkg (113 g)	
Panko Breadcrumbs	1)	1 pkg (1 cup)	
Sri Lankan Spice Blend 	3)	1 pkg (2 tbsp)	
Flaxmeal		1 pkg (1 tbsp)	
Cilantro		1 pkg (7 g)	
Yogurt	4)	1 pkg (100 g)	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Egg/Oeuf
- 3) Soy/Soja
- 4) Milk/Lait

Tools

Baking Sheet, Strainer, Peeler, Large Non-Stick Pan, Large Bowl, Measuring Spoons, Medium Bowl

Nutrition per person Calories: 685 cal | Fat: 14 g | Protein: 29 g | Carbs: 114 g | Fibre: 17 g | Sodium: 904 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Preheat the oven to 450°F (to roast the potatoes and toast the buns). Start prepping when the oven comes up to temperature!



5

2 Roast the potatoes: Wash and dry all produce. Cut the **potatoes** into 1/2-inch wedges. Toss the **potatoes** with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping halfway through cooking, until golden-brown, 25-28 min.



5

3 Prep: Meanwhile, roughly chop the **cilantro**. Drain and rinse the **lentils**. In a medium bowl, using a fork, coarsely mash the lentils. Peel the **cucumber** into ribbons using a vegetable peeler, rotating every 3 peels. Discard the seedy core. Place the ribbons in a strainer set over a bowl. Toss the ribbons with a pinch of salt (this will help bring out the water in the cucumber.) Set aside.






6

4 Cook the veggies: Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onion**, **carrot** and **spice blend**. Cook, stirring, until the veggies are softened and golden-brown, 8-10 min.

5 Make and cook the burgers: In a large bowl, stir the **flaxmeal** with **3 tbsp water** until combined (mixture will look gloopy!). Add the **carrot mixture**, **panko** and **lentils**. Season with **salt** and **pepper**. Form the **mixture** into four 4-inch wide burger patties. Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **burgers**. Cook until golden-brown, 3-4 min per side.

6 Meanwhile, remove excess liquid from the cucumber by pressing the ribbons in a sieve using the bottom of a spoon. In a medium bowl, stir the cucumber with **2 tbsp yogurt**. Season with **salt** and **pepper**. Split the **buns** and place in the oven to toast until just golden, 3-4 min.

7 Finish and serve: Layer each **bun** with the **cilantro**, then **two patties** and top with the **cucumber salad**. Serve alongside the **potato wedges** and enjoy!

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