



LENTIL, CARROT, FENNEL AND BROCCOLI MINI BURGER PATTIES

Season: All year
From the garden: Carrot, fennel, broccoli, eggs
Type: Main
Difficulty: Easy
Country of origin:
Serves: 10 burger patties or 30 mini patties
Source: makingtymeforhealth.com

Equipment

- *chopping board and knife
- *can opener
- *bowls
- *measuring cup and spoons
- *grater
- *food processor
- *frying pan
- *spatula
- *colander

Ingredients

- *1 can of brown lentils
- *2 carrots
- *1 medium fennel bulb
- * $\frac{1}{2}$ red onion
- *3 cloves garlic
- * $\frac{1}{2}$ cup sunflower seeds
- * $\frac{1}{2}$ cup flour
- *1 small to medium broccoli
- *1 cup breadcrumbs
- *2 eggs
- *2 tbsp tomato paste
- *2 tbsp worcestershire sauce
- *1 tbsp fresh or dried oregano

*** 1tbsp fresh or dried thyme**

***1 tsp salt, pepper to taste**

***oil for frying**

Method

1.grate the carrot

2.chop the onion, broccoli and fennel into pieces and add to the food processor with the peeled garlic and sunflower seeds

3.whizz until everything is finely chopped

4.drain and rinse the lentils, and add half of the can into the food processor. Process until the lentils look mashed

5. add the rest of the lentils and all the other ingredients into a large bowl and mix. Add a bit more flour if the mixture looks to wet

6. if you want to make the mixture into burger patties, shape it into larger, round patties

7. alternatively, shape them into smaller, round ones, like falafel

8. heat some oil in a frying pan and fry them for a few minutes on each side until golden brown

9. serve on burger buns or flat bread with lettuce, pickles and your favourite sauce

Notes: A great alternative to meat burger patties

Skills: measuring, *mixing, grating, shaping*