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Carotino Recipes

Healthy Lentil and Beef Burger

Ingredients:

250 g (9 oz) lean minced beef, cooked with ½ cup water
200 g (7 oz) cup yellow lentils, cooked until soft and dry
1 large onion, chopped finely
2 large potatoes, boiled and mashed
2 egg whites
½ tablespoon black pepper, freshly ground
3 tablespoons spring onion, finely chopped
3 tablespoons coriander, parsley or chives, finely chopped
8 tablespoons Carotino Oil
200 g (7 oz) bread crumb mix (for coating the burger)

Method:

Mix all the ingredients together except egg whites. Molds into round patties each weighing around 50 g. Roll the patties in egg whites and bread crumbs and press down gently. Heat a non-stick saucepan with Carotino Oil and fry patties slowly until golden brown. Serve with wholemeal buns, lettuce, tomatoes and cucumber.

Makes 8-10 burgers