

30 Minute Quinoa Burger

Serves 4

Ingredients

1/2 cup quinoa
1/2 cup red lentils
1/4 cups water
1 tsp curry powder
1 tsp sea salt
1/2 tsp cumin
2 tbsp flax seed
2 tbsp water
4 burger buns
4 leaves lettuce
4 slices tomato
1 handful micro greens
2 tbsp stone ground mustard



Directions

1. Add quinoa, red lentils, curry powder, sea salt, cumin and 1/4 cup of water to a large pot, mix well and bring to a boil.
2. Once boiling, cover and immediately reduce heat to minimum. Let heat simmer for 12-15 minutes or until water is completely absorbed.
3. In the meantime, wash and dry lettuce leaves and micro greens. Wash and slice tomatoes and cut buns in half. Spread on stone ground mustard.
4. Preheat a large empty pan over medium low heat. No oil yet.
5. Dump the cooked quinoa and lentils into a bowl and fluff with a fork to release steam and cool a little bit.
6. If you have more than 30 minutes you can skip this step and simply let the quinoa/red lentils cook down in the pot and mix everything in the same pot.
7. Grind flax meal in a coffee grinder and add to a small bowl to combine with 2 tbsp water. Stir with a fork until all flax meal is hydrated and then add to the bowl with quinoa and lentils.
8. Mix well with a spatula until the flax is very well incorporated and everything resembles a dough. If you can touch the quinoa by now, knead it with your hands to mix in the flax really, really well.
9. Divide dough into 4 and form round, thick patties the size of your burger buns.
10. By now, the pan should be fairly hot. Add 1 tbsp. oil, wait about 30-60 seconds for it to heat up and then carefully place the patties in the hot pan.
11. Fry for 3-5 minutes on one side, flip, and fry or until golden and crispy. Place quinoa red lentil patties on burger buns, top with lettuce, slice of tomato and micro greens.