

# Cooking for Wellness

Sponsored by:



## 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

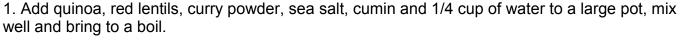
4 leaves lettuce

4 slices tomato

1 handful micro greens

2 tbsp stone ground mustard

#### **Directions**



- 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 guinoa 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.

