



SPICY LENTIL, CHICKPEA & SHEESE BURGER

Prep. time 25-30 minutes | Cooking time 10-15 minutes | Serves 4-6

The perfect veggie burger, this spicy little devil is another fantastic use of our Strong Cheddar style Sheese, giving a hearty, rounded cheesy flavour to an already tasty dish. These are perfect as starters or a light lunch and deliver a fiendish little kick.

Ingredients

200g block of Strong Cheddar Style Sheese
250g lentils
2x400g tins of chickpeas
2 medium white onions
1 teaspoon ground ginger
1-2 teaspoons chilli flakes (to taste)
2 teaspoons ground cumin
Salt and pepper to taste
Enough breadcrumbs to coat 4 burgers
Soya milk



Cooking Method

Preparation

Dice the onions into roughly 1cm cubes. Drain and rinse the chickpeas. Grate Sheese. Cook lentils according to instructions on packet (being careful not to overcook), then drain and rinse thoroughly with cold water. Squeeze the water out of the lentils with your hands

Method

In a pan over a medium heat, heat two tablespoons of oil. Add the onions, ginger, chilli and cumin to the pan and sweat gently for 4-5 minutes until the onions have softened. Remove pan from heat and allow to cool.

Once the onions are cool to the touch, put the lentils and chickpeas into a large mixing bowl and using your hands, crush the mixture so there are some whole chickpeas, and some crushed. Add the onions and Sheese and mix thoroughly.

With floured hands, form the mix into the number of burgers you require (the mix will make 4-6 good size burgers). Dip each burger in soya milk, then into the breadcrumbs and place in a hot oiled pan over a low to medium heat and cook for 5-6 minutes each side, turning carefully, until golden brown.

Serve in a fresh bun with relish, tomatoes and lettuce accompanied with some crispy fries.