



'The Burger One'

Annie Bell | May 2023

Recipe from Healthier Planet, Healthier You

Recipe and photo taken from ©RTE



How to Make... The Healthier Planet Burger

Annie Bell's Healthier Planet Burger

Serves 4

"These burgers go down the half-beef, half-lentil route, and they are every bit as satisfying as a pure beef burger," says Annie Bell, author of *Healthier Planet, Healthier You*.

"Extras of fried onions, grated cheese, sliced lettuce, or salsa and guacamole for a 'fiesta', are also good. Personally I like to eat these sandwiched between crisp lettuce leaves rather than a bun, but over to you."



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Ingredients

For the burgers:

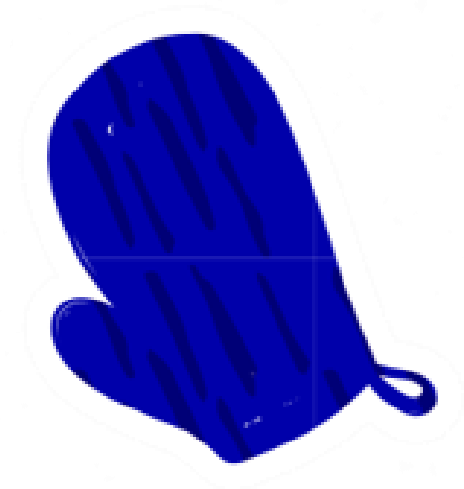
- 300g lean minced beef
- 300g cooked green lentils
- 2 heaped tbsp finely chopped shallots
- Sea salt and freshly ground black pepper
- Extra virgin olive oil for frying

To serve:

- ½ red onion, peeled, halved and thinly sliced
- 8 cocktail gherkins, sliced
- 4 wholemeal burger buns, halved
- English mustard
- Tomato ketchup
- 1 beefsteak tomato, sliced

For the mustard mayo:

- 40g mayonnaise
- 40g soured cream
- 1tsp Dijon mustard





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Method

- Place the beef, lentils, shallots and some seasoning in a food processor and whizz to a sticky mixture, so some of the lentils remain whole. Shape the mixture into eight burgers using a nine-centimetre plain round cutter. If you want you can make them in advance, then cover and chill them.
- Heat two teaspoons of oil in a large non-stick frying pan over a medium-low heat and fry the burgers, in batches, for two minutes on each side until an even gold, replenishing the oil as necessary. They burn more easily than a pure meat burger, so keep an eye.
- Combine the sliced onion and gherkins.
- If serving the burgers with buns, toast the cut side of the buns under a grill, preheated to high. Place a burger on each bun half, smear some mustard over and then plenty of tomato ketchup, or the Mustard mayo (below). Next lay over a slice of tomato and season, then scatter over some sliced onion and gherkin.
- For the mustard mayo: Blend all the ingredients in a small bowl, cover and chill until required. This will keep well for several days.