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## Veggie Burger With Curried Red Lentils

A delicious veggie burger with tart sun-dried tomatoes and a crispy bite. A lengthy ingredients list but so easy to toss together in a food processor.

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### Ingredients

1 cup red lentils  
1 tablespoon extra-virgin olive oil  
1 small yellow onion, diced  
1 teaspoon ginger, peeled, minced  
1 clove garlic, minced  
1 tablespoon tomato paste  
1 tablespoon curry powder  
½ (19-ounce) can chickpeas  
½ cup unsalted cashews, roasted, chopped  
1 teaspoon baking powder  
1 cup bread crumbs  
1 egg  
1 teaspoon sea salt  
Extra-virgin olive oil, for frying  
10 fresh buns, halved, toasted  
Oven-dried tomatoes  
½ package baby spinach  
Mayonnaise  
**Sweet potato wedges**  
4 sweet potatoes, cut into wedges  
2 tablespoons extra-virgin olive oil  
1 teaspoon red chili flakes  
Sea salt and cracked black pepper

### Preparation

To make sweet potato wedges, toss sweet potatoes, olive oil, red chili flakes, sea salt and cracked black pepper in a large bowl. Spread in an even layer on parchment-lined baking sheet and roast in oven 15 - 20 minutes or until soft and golden.

Rinse lentils in water. In small pot over medium heat and covered with an inch of water, cook lentils for 10-15 minutes, or until soft but firm. Strain through fine-mesh sieve and place in large bowl.

In nonstick pan over medium-high heat with olive oil, cook onion, ginger and garlic until soft and translucent. Add tomato paste and curry powder, cook for 3 more minutes. Remove from heat and add to lentils.

In food processor fitted with steel blade, pulse chickpeas into coarse meal. Add to the lentils and onions. Add all the remaining ingredients and mix very well. Form into 10 patties measuring about a half cup each.

To bake, preheat oven to 400°F. Drizzle baking sheet with olive oil, and bake patties for 10 minutes. Flip and bake another 10 minutes.

To barbecue, preheat grill to medium-high. Oil the grill and cook patties for a few minutes per side.

To serve, place burgers on buns, top with oven-dried tomatoes, baby spinach, and mayonnaise.