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## Quick and easy Lentil Burgers

## Ingredients

100g lentils, soaked  
10g sunflower seeds  
60g mushrooms  
2spring onions  
30g leeks  
25g peas  
25g sweetcorn  
1tsp basil  
1tsp parsley  
1/2tsp chilli powder  
35g lettuce (optional)

## Preparation

- 1 Finely chop or blend the vegetables, add the remaining ingredients (not the lettuce) and mix together. Divide the mixture into patties and grill on a medium heat for around 12minutes, remember to turn occasionally. Serve wrapped in or on a lettuce leaf.
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