Posted on 29 September 2014

*by Chrissie*

# 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.