

## Thai Sprouted Lentil Quinoa Burgers (GF,V)

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Time: 45 minutes to make, 1 hour in refrigerator

### Ingredients:

2 c. raw sprouted lentils  
1 1/2 c. cooked quinoa  
1 15 oz. can black beans, strained, rinsed  
1 shredded carrot  
1 tbsp. canned green curry paste  
1 tbsp. sesame oil  
2 tbsp. tamari sauce  
zest from 1 lime

2 tbsp. oil of choice for frying (I like coconut for these)

### Directions:

Place sprouted lentils in pan with enough water to cover by 2 inches. Bring to a boil, reduce heat and cook 30 minutes. Strain and let cool in strainer. Once cool, with clean hands wring out the lentils to remove water.

Cook quinoa per box/container instructions.

In a bowl, mix all your ingredients except the black beans. Set aside.

In your food processor, pulse your strained and rinsed black beans. Add the rest of the ingredients and pulse to combine, stopping to scrape down the sides. Don't process too much. You don't want this to turn into a paste, but just to combine.

Form into patties and refrigerate for an hour.

In a large skillet, add your oil and bring temperature up before adding burger patties. Fry approximately 5-7 minutes on each side, being careful when flipping to keep them together.

### Presentation:

Top with my asian slaw and wrap in a large collard or chard leaf or on a burger bun.

Makes 6 servings.

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