Mushroom and Lentil Burgers

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Serves 4

Prep Time 20 minutes   **Cook Time** 30 minutes
Chilling time 45 minutes

For the burgers
- 250 g chestnut mushrooms
- 1 medium red onion
- 4 cloves garlic
- 1 tbsp olive oil
- 1 x 400 g tin green or brown lentils
- 50 g porridge oats
- 50 g dry breadcrumbs
- 2 tbsp plain flour
- 1 tbsp soy sauce
- 1 tsp smoked paprika
- ½ tsp dried thyme
- ¼ tsp salt

To serve
- Lettuce
- Tomato
- Pickles
- Sauces of your choice

1. Roughly chop the mushrooms and red onion. Peel and crush the garlic.

2. Heat the oil in a large frying pan over a medium heat. Add the mushrooms and onion and cook until all of the excess water has evaporated and they are lightly browned. Add the garlic and cook for another minute.

3. Drain the tinned lentils really well and pat them dry with kitchen paper. Place the lentils, mushroom mixture and oats in a food processor and pulse until finely chopped, but make sure that it still retains some texture.

4. Transfer the mixture to a bowl and stir in the breadcrumbs, flour, soy sauce, smoked paprika, thyme and salt. Divide the mixture equally into 4 and shape each portion into a patty. Place the patties on a parchment-lined baking sheet and refrigerate them for 45 minutes.

5. Meanwhile, preheat the oven to 200 °C/180 °C fan/gas mark 6. Bake the burgers for 30 minutes, flipping them halfway through cooking.

6. Serve the cooked burgers in buns with lettuce, tomato, pickles and your choice of burger sauce. The burgers can also be part cooked in the oven for 15 minutes then finished off on a barbecue.

Vegan living can be affordable, nutritious and delicious. Visit **vegansociety.com/liveveganforless** for recipes, tips and advice.

*Recipe and photography by Hannah Hossack-Lodge (*domesticgothess.com*)*